The TRiO Tribune
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The Midterms are Coming; The Midterms are Coming!!

Only two weeks until midterms. A thorough preparation entails being honest with yourself, gathering information, and generating a specific and achievable study plan. Start today!

⇒ Be honest with yourself. Humans are experts at self-deception. Societal norms often do not promote this kind of self honesty. But the most successful students have cultivated this skill through practice. Self-honesty allows students to assess changes they will need to implement.

⇒ Find out all you can. Don’t passively wait for others to tell you what you need to know to best prepare for midterm exams and projects. Proactively seek the information. Ask questions in class about what specific content will be on exams to help you better focus your studies. Find out the format of exams. You will approach an essay-heavy exam different from a multiple-heavy exam. Make sure you are on the right track with projects. Set up meetings with professors for help and guidance

⇒ Specific and achievable plan. Now that you have a better idea of what you need to work on and what to expect, make a plan for how you will prepare for midterms. The more specific and achievable your plans are, the more likely you will be to carry them out!

Tip of the Month: Go to the Study Tables!

Study Tables are a fantastic resources for getting help from tutors from a wide range of subjects. In high school, tutors are often used for students falling behind. In college, the opposite it true: the most successful students regularly make use of tutoring resources.

Study Tables allow the option of either working one-on-one with a tutor or using a tutor as needed to help work through difficult problems and/or concepts. See the complete Study Table schedule on the following page.

Monthly Quote:
“Forget past mistakes. Forget failures. Forget everything except what you’re going to do now and do it.” ~ William Durant
Weekly Study Tables:

**Biology**
- Thursdays: 8:00 to 10:00 p.m. Parker Lower Rotunda

**Chemistry**
- Monday through Thursday: 7:00 to 8:00 p.m. Parker 237

**Computer Science**
- **CS 160**
  - Monday through Thursday: 8:00 to 9:00 p.m. Crispin 104C
- **CS 260**
  - Tuesday & Thursday: 8:00 to 9:00 p.m. Crispin 104C

**Japanese**
- Sunday through Thursday: 8:00 to 9:00 p.m. Kirby Language Lab

**Math**
- Monday through Wednesday: 4:00 to 6:00 p.m. Parker Fish Bowl 102
- Sunday through Thursday: 7:00 to 9:00 p.m. Parker Fish Bowl 102

**Music Theory**
- Thursday: 8:00 to 9:00 p.m. Rammelkamp Lab
  - Friday: 4:00 to 5:00 p.m. Rammelkamp Lab

**Sociology**
- Tuesday & Thursday: 7:00 to 8:00 p.m. Schewe Library, top floor

**Physics**
- Monday & Wednesday: 7:00 to 8:00 p.m. Parker Fish Bowl 102

By Appointment:

**Accounting**
- Brittany Staake, Stake.Brittany@mail.ic.edu

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**Spanish**
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**Psychology**
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Introducing our Newest Staff Member!

**Academic Counselor: Joyce Mann**

We are thrilled to introduce and welcome Joyce Mann as the newest member of our TRiO team. Joyce hails from the South Side of Chicago. She has broad background in Higher Education Administration, including expertise in transfer and adult student admissions and student supervision. She received her Bachelor’s and Master’s degree in Communication from DePaul University. She specialized in relational communication and enjoys studying how people interact and communicate. She is also a proud and an active member of Sigma Gamma Rho Sorority, Inc., a national, historically Black sorority.

As a former first-generation, low-income student, Joyce is looking forward to working with students who share a similar background: “I still recall the obstacles I overcame to succeed and get to this point in my life. I want you [students] to know that I am always here to help, and I hope that you come to use me as a resource as you work toward graduation.” In addition to her counseling duties, Joyce is also advising the TRiO Social Committee and is looking forward to getting to know the students and helping them develop social events this year.

Please feel free to stop in and say hello to our newest counselor. When she is not meeting with students, her door is always open.

**Favorite quote:**

“Maybe the past is like an anchor holding us back. Maybe, you have to let go of who you were to become who you will be.”~ Carrie Bradshaw

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**Student Midterm Advice: Aaron Traum and Leslieann Harris**

**Set a Study Schedule**

I set a study schedule for myself. I look at which classes I need to study for and prioritize them by which midterm I have first. I then study each class for an hour in a cycle; for example: I study PS 275 then CO 353 then CO 240 then PS 312 and repeat.

I make sure I have my study guide or notes handy just in case I have some extra time to study. Breaks are always a nice way to calm myself down, let the brain rest, and then I get back to studying.

I do my best to avoid studying late at night; however, it happens sometimes. The biggest thing that I avoid the most is cramming; I usually start studying 3 or 4 days before the test. It doesn’t get me so wound up, and I find that I remember more information.

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**Putting Myself in Seclusion**

For the most part, when it comes to my midterm exams, I usually put myself in seclusion. I like to make sure that I do my every best in whatever class I may have, so I tend to put in a good amount of hours studying.

While I do enjoy having "study parties" with my friends, I don't really get that much done. So it's really around midterms and finals that I am in one of the corner stations in the lower level of the Library with my books spread out in front of me.

“While I do enjoy having "study parties" with my friends, I don't really get that much done.”
TRiO Workshop Schedule: Fall 2013

College Athlete Academic Success Panel: Thursday, September 12th, 7:00-8:00, Kirby 6.
Former college athletes discuss how they balanced the demands of college and athletics.

College/Life Transitions and Stress Panel: Tuesday, September 17th, 6:00-7:00, Kirby 108.
Learn from experts on how to better cope with and manage inevitable transitions in college and beyond.

College Loans, Credit, Budgeting, and Saving: Tuesday, October 8th, 4:00-5:00, Kirby 244.
**MEETS FINANCIAL LITERACY WORKSHOP REQUIREMENT!**
Information and hands-on tools for managing your loans and to start planning for your financial future!

Major/Career Exploration & Decision-Making Panel:
Wednesday, October 23rd, 7:00-8:00, Kirby 108.
Staff, faculty, and students will provide information and resources to facilitate major/career exploration!

Meet the President: TRiO, the College, and Academic Success:
Tuesday, October 29th, 6:00-7:00, Kirby 108.
An opportunity for TRiO students to get to know our new President and learn more about the TRiO program.

Literary Societies Panel: Balancing Obligations and Setting Boundaries:
Wednesday, November 6th, 6:00-7:00, Kirby 108.
Faculty, staff, and students will explore how to balance differing and sometimes conflicting time obligations.

Taking Control of Your Financial Aid Award and Billing Situation:
Thursday, November 14th, 7:00-8:00, Baxter 102.
**MEETS FINANCIAL LITERACY WORKSHOP REQUIREMENT!**
A hands-on session to help you to better understand and determine your financial aid award and bill.

Be SMART: Setting Achievable Goals and Increasing Your Motivation Panel:
Monday, November 18th, 7:00-8:00, Kirby 108.
Staff and students will help you to set achievable goals and increase your motivation levels!

NEW UPPER CLASSMEN OPTION: Create Your Own Workshop Experience!
Talk with your TRiO Counselor to discuss details and explore possible workshop options!

TRiO Students Must Attend ONE Financial Literacy Workshop
**Required for GRANT AID SCHOLARSHIP eligibility**