Welcome!

Welcome, esteemed TRiO students, to Illinois College’s first FULL year providing TRiO Student Support Services. It is our mission and pleasure to help each of you to achieve your individualized and unique academic, professional, and personal goals! We invite and advise everyone to take advantage of the TRiO staff and all the services we have to offer!

Welcome also to the first issue of our new weekly newsletter, The TRiO Tribune! You will not only find important, need-to-know TRiO news in this weekly newsletter, but also, you will find tips to help you reach your goals; updates on the various accomplishments of your fellow TRiO classmates; guest columns from faculty, staff, and students; fun tidbits, contests, and more!

We are looking forward to working with you, hearing from you, and helping you to define and achieve your pathway to success!

TRiO Nights!: Extended Night Owl Hours

The TRiO spaces and facilities, are now open and available for student use on Monday and Wednesday evenings from 7:00 p.m. to 9:00 p.m.

If you are looking for a quiet and comfortable place to study at night, need to use one of our laptops, or make copies, come up and visit us during our new, extended night hours!

Special thanks to Dillon Adams, who will be assisting our TRiO night owls.

Weekly Quote: “By persevering over all obstacles and distractions, one may failingly arrive at his [or her] destination.” ~ Christopher Columbus
TRiO Supports Student Athletes!

The TRiO Staff is showing off its True Blue spirit.

In honor of homecoming we invite student athletes, and all TRiO students, to visit us on the top floor of Schewe Library all day on Friday, October 7.

Come and relax in our cozy TRiO room, which will be plastered with blue and white. Enjoy some treats with fellow student athletes, TRiO students, and the TRiO staff.

It IS the place to be on Friday!

Upcoming TRiO Workshop: Asking for Help/Campus Resources

Our first workshop of the semester about Exam Preparation was a smashing success, and our next workshop is coming up next week!

On Tuesday, October 11, at 4:30 in Kirby 108, we will explore why asking for help, often misperceived as a sign of weakness, is actually a sign of inner strength. We will also review the best ways to go about asking for help in order to get the best results. So if you were ever intimidated about asking for help, felt asking for help made you look incapable, or want to improve and refine your help-seeking techniques, come join us.

We will also review the best resources on campus to find the kinds of help you need. You will walk away learning time-saving information in order to get the information you need from the get go, instead of bumbling around from place to place, running into dead-ends, or receiving the wrong type of information—all of which can discourage people from asking for help.

We look forward to seeing you on October 11th! Visit http://www.ic.edu/RelId/622610/ISvars/default/Fall_2011_Workshop_Series.htm for the complete list of fall semester TRiO workshops.
We are pleased to introduce and welcome Jason Stalides as the newest member of our TRiO team. He comes to us with a broad range of counseling, teaching, and tutoring experiences. One of his counseling specialties includes career counseling. He has also counseled military veterans, community mental health clients, and transitioning high-school and college students.

One of his main counseling and research interests, which deals directly with the transitions students experience as they embark on their college career, stemmed from his own experiences and stumbles when he underwent this same transition: "I remember being terrified at the prospect of college. Since my focus in high-school was mostly on athletics, I knew I didn’t know how to take effective notes or study for college level exams, and now I am really passionate about helping others navigate this sometimes difficult process.”

Please feel free to stop in and say hello to our new counselor. When he is not meeting with students, his door is always open—plus, he needs help naming his new office Bonsai Tree. Current suggestions, such as Babushka the Bonsai, just do not quite seem to capture the personality and identity of this wise tree.

Favorite Quote: “Follow your bliss.”
~Joseph Campbell

We want to hear from you! We want your feedback on what kind of workshops and programming would best help you to succeed as a student. We want to hear about your successes in the TRiO program. We want to hear your advice to future students.

Additionally, we are hoping to have a variety of guest columns from our TRiO students, as well as IC faculty and staff members.

Send your suggestions and ideas to trio@ic.edu—or call 217-291-1621.