Help Issue

Welcome to our second issue of The TRiO Tribune! This special “help” issue is devoted to the theme of asking for help in order to achieve success in your academic career, personal life, and post-college career.

A key component of achieving the kind of success you are working toward is the ability, willingness, and know-how to ask for help. Unfortunately, seeking help is often thought of as a weakness, and at times, when we do work up the courage to ask for help, we often do not receive the kind of help we were looking for.

In order to overcome obstacles related to help-seeking behaviors, we present this issue of The TRiO Tribune as a starting place to ask for the kind of help you need.

Help Issue

“Students sometimes believe they are the only ones ‘who don’t know’ or are feeling a certain way, when in fact many students might have questions about a particular topic or policy or would love to know that they are not alone in feeling a certain way.”

~Malinda Carlson,
IC Dean of Students

Asking for Help Workshop

The Asking for Help/Campus Resources Workshop is only a day away: Tuesday, October 11 at 4:30 in Kirby 108.

We will explore and increase awareness of barriers that prevent people from asking for help, as well as ways to overcome those barriers.

So start getting in the help-seeking habit by attending this important workshop!

A complete listing of workshops for the fall semester can be found at http://www.ic.edu/RelId/622610/ISvars/default/Fall_2011_Workshop_Series.htm.
Guest Column: Leah Fortner

How the First Year Foundations Course Has Helped Me

There are multiple ways to ask for help, including enrolling in classes geared toward helping students succeed. One such class is a new course specifically created for and tailored to meet the needs of IC TRiO students: First Year Foundations (IC 103). The course will also be offered in the spring semester.

One current First Year Foundations student, Leah Fortner, discusses how the class is helping her adjust to the challenges of college life:

“When I first came to Illinois College, I felt like I wasn’t supposed be here. I found myself surrounded by extremely intelligent and talented people and began to feel inferior. I felt like all of my classes were completely over my head. However, I started taking the First Year Foundations course and quickly gained confidence. I am learning that succeeding in college is completely within my grasp. It doesn’t matter what kind of school or family I came from; all I need to do is find the motivation and take steps to excel in my classes.”

TRiO Hours of Operation

- **Mon:** 8 a.m. to 5 p.m.; and 7 p.m. to 9 p.m.
- **Tues:** 8 a.m. to 5 p.m.
- **Wed:** 8 a.m. to 5 p.m.; and 7 p.m. to 9 p.m.
- **Thurs:** 8 a.m. to 5 p.m.
- **Fri:** 8 a.m. to 5 p.m.

*note: hours do not apply to holidays, breaks, and other designated days the school is closed

Staff Spotlight: Tammy Hayes

The first person to greet and assist students as they enter the Center for Academic Excellence, home-base of the TRiO program, is our very own Tammy Hayes! She is happy to help you find the resources you are looking for, and she has enough smiles to go around for everyone. She really does make asking for help easy. In fact, it’s hard not to be happy after talking with Tammy. She strives to make the process of seeking help as easy as possible, which is a strong part of her belief system and what makes her excellent at helping students and the TRiO team: “All my life I have always treated people the way that I would want to be treated.”

We dare you not to feel happy after talking with our amazing administrative assistance. So come on up, say hello, and see how easy it can be to ask for help!
Contribute to the Tribune!

A Call for Guest Columns, Feedback, and Ideas

This week, we featured our first guest column from fellow TRiO student Leah Fortner! We would love to hear more stories from TRiO students about their experiences adjusting the college life, including successes, challenges, and just about anything else you may want to share. Contact Jason Stalides—jason.stalides@ic.edu, 217-291-1621—for any questions you may have. Everything is fair game!

We will also be featuring guest columns from faculty and staff.

Additionally, we would like your feedback in order to make our newsletter as helpful and meaningful as possible. What kinds of things would you like to see in the Tribune? Feel free to send us your comments, critiques, gripes, and suggestions. We look forward to hearing from you!

TRiO Tip of the Week

“Moving from independence to interdependence demonstrates the greatest maturity of all. Interdependent students maximize their results in college by seeking assistance from instructors, study partners, librarians, academic advisors, counselors, community services, and family members.”
~ Skip Downing, 2011

Next Issue:

- A contest!: We clearly need help naming the new TRiO room—currently called the not-so-creative “TRiO Room.” Be immortalized and name our new room! Yes, there will be a prize!

- An all new student guest column about the advantages of studying in the TRiO Room!

- Useful study habits, tips, and information!

- And more!