The TRiO Room: A Quiet Place to Study

The TRiO Room is the theme of our third issue of The TRiO Tribune! Study environment—where your study—is the parallel theme, which complements the purpose for emphasizing the TRiO Room this issue. Finding a place to study and do your work where you will not be distracted by others, tempted to nap, or procrastinate is one of the most important study skills to practice and master.

The TRiO Room is a great place to meet these needs. It’s quiet and comfortable, it has Wi-Fi access, TRiO Students can print and copy school work for free, and there are professionals there—the TRiO Staff—to help you. So please do take advantage of these resources! Even if the TRiO Room is not for you, work to find a place on campus that will allow you to make the most of your study time.

The OFFICIAL Name the TRiO Room Contest

The wait it over: the OFFICIAL Illinois College TRiO “Name the TRiO Room Contest” has begun!

While the current, albeit uninspired, name for the room—the TRiO Room—is suitable, we are looking for a name that is both creative and that encapsulates the spirit and feel of the TRiO room.

So cast your vote, become immortalized, and win a $25 gift certificate to a local establishment of your choice! The content will run for approximately four weeks. Once all the submissions are reviewed, student will have the opportunity to vote for the top selected entries. Send your submissions to Jason.stalides@ic.edu.
College as an 8 to 5 Job

For me the TRiO room is basically an extension of my dorm room. Anything you could possibly need has already been thought of and graciously provided for by the TRiO staff. Surprisingly, the room is not utilized by more than a handful of people, which helps give it the quietness needed to study. Also, if you need to just get away from your roommate and get in some good quality study time, then it is the perfect place to for that. One thing that was taught to us during my time in the Yates Program was that you should view college as an 8 to 5 job. I have class until noon or one each day; then I go to the TRiO Room until I get my homework done. By doing this I have my whole night to do whatever I want to do. So take advantage of this room and help yourself succeed.

Avoiding Study-Time Distractions

When I first began college, I most often studied in my bedroom at home because I live off campus. After a while, I started to notice I was easily distracted and found it rather hard to stay focused with so many distractions surrounding me. This is when I realized that maybe it would benefit me to try out the TRiO Room. Ever since then, it is the first place I rely on for a nice, quiet study environment. There are so many helpful things this room provides for students. It is a great place to go whenever you have a little time in between class to study, or even longer afterward! Hopefully, this room will be used by more TRiO students and help contribute to successful study time for them as well! :)

Upcoming Workshop: Major and Career Exploration

Our first two workshops are behind us, but there are still four excellent workshops remaining this semester! Our next workshop will cover major and career exploration on Thursday, October 27 at 4:30 in Baxter 100.

Stay-tuned for a possible room change in order to accommodate more students.

Please RSVP for this workshop, so we can make sure there is enough space for everyone interested. Email Jason.Stalides@ic.edu; or call 217-291-1621 (feel free to leave a voicemail) to RSVP.
Contribute to the Tribune!

A Call for Guest Columns, Feedback, and Ideas

This week, we featured more student guest columns from TRiO students Ryan Flynn and Kimberly Woodworth! We are always looking for more stories from TRiO students about their experiences adjusting to 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

“Do whatever is necessary to minimize interruptions while you study...Resist checking emails or text messages. If necessary, study where no one can easily disturb you, such as your campus library. Protect the sanctity of your time..”
~ Skip Downing, 2011

TRiO Hours:

- **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

Next Issue:

- Special ‘Major and Career Exploration’ issue!
- A feature about the new Academic Counselor’s Resource Page
- Guest column related to major and career explorations
- Early results for the Name the TRiO Room contest
- And more!