Mid-Semester Issue

You are now more than halfway through the fall 2011 semester, and by now, you have become more familiar with the college, the classes you are taking, the teaching styles of your professors, and how your professors evaluate your performance. You also have access to your mid-semester grades.

With all this information about the first half of the semester, you are now in a good position for self-reflection and self-evaluation:

- What has been working well for you? What hasn’t? Why?
- Are your actions mirroring your academic goals, career aspirations, and values?
- Is your intended or current major a good fit with your strengths?
- What immediate changes can you make to start moving in the right direction?
- How can you use what you learned about yourself in the first half of the semester to make a plan for the second half?

Weekly Quote: “Study without reflection is a waste of time; reflection without study is dangerous.” ~ Confucius

“Life is change. Growth is optional. Choose Wisely.”
~ Karen Kaiser Clark

Upcoming Workshop: Meaning, Purpose, and Goals

Our next workshop, featuring guest-presenter Reverend Katrina Jenkins is next week: Tuesday, November 8, at 4:30, in Kirby 108.

The workshop will enable you to find and use your personal life meanings in order to establish your goals!

A complete workshop listing for the fall semester can be found at http://www.ic.edu/RelId/622610/ISvars/default/Fall_2011_Workshop_Series.htm.
Guest Column: Andrew Jones

Midterm Advice from the TRiO Director

Congratulations! You’ve officially completed the first half of Fall 2011 semester (for many of you, your first semester of college). Please consider the following suggestions to help increase your chance of completing a successful semester!

Check your midterm grades! You can do this in Connect2. If you don’t know how, ask a friend, or check with your TRiO Academic Counselor. Do spend time evaluating where there is room for improvement, as well as how to specifically makes those improvements. But also be sure to celebrate your successes!

Utilize the resources available to you! This is more important to do now more than ever. If you’re not doing as well in a course as you would like, your natural inclination might be to withdraw from the situation and avoid your professor. Do the opposite! Approach your professor in a professional way with a specific question or plan.

Meet with your TRiO Academic Counselor! She or he will help you by discussing specific strategies for improving your academic motivation, comprehension, test-taking, or to see how you’re progressing on other academic goals, among other things.

Plan for the remainder of the semester. We are now more than halfway through the semester, so you will likely have well approximately more than half of the work remaining in your classes. Prepare to really dig in to complete the work remaining this semester. A well-executed plan will help reduce stress and anxiety and help enhance your likelihood for success!

Stop to reflect! Ask yourself, “Does the way I spend my time reflect my values?” If so, give yourself a pat on the back. If not, change your behavior, the way you are spending your time!

Take care of yourself. As important as your academic work is, it is equally vital to take care of your whole self: mind, body, and spirit. If you’re not happy and healthy, your school work will suffer too, so as you prepare for the hectic remainder of the semester, remember to eat well, exercise, and spend time with friends and family.

KNOW that if you don’t know where else to go, the TRiO staff is ready and willing to be your support!

TRiO’s New Moodle Page: Access Important Resources!

Another great resource for students to access resources and information that will further enable them to succeed.

Currently, all the information, handouts, and resources from last week’s Major and Career Exploration workshop are available to all. And we will continuously add new information and resources!

Go to moodle.ic.edu to access the page. Login to the site with your computer username and password. Locate the “TRIO Student Support Services” link. The case sensitive enrolment key is: TRIOservices.
Happy Halloween from the TRiO Staff!

**HAVE A THRILLING TIME!**

“‘It’s one thing to be off course. It’s quite another to do something about it. Something different. Something uncomfortable...It requires courage to admit what you are doing isn’t working, to abandon the familiar, and to walk into the unknown. Victims stay stuck. Creators change.”

~ Skip Downing, 2011

**TRiO Tip of the Week**

We want to hear from you!!

We are always looking for feedback about the newsletter and the TRiO program, as well as more stories from TRiO students about their college experiences! So please do send your ideas and opinions!

And as we did in this issue, we will also continue to feature guest columns from faculty and staff.

Contact Jason Stalides—jason_stalides@ic.edu, 217-291-1621—for more information!

**Next Issue:**

- Meaning, Purpose, and Goals Issue!
- How to set goals and makes concrete plans to achieve those goals.
- How to cope with changing life meanings, as you are challenged with continual life transitions.
- Tips to help understand how our self-created purposes influence our actions.
- And more!