

# TRIO SSS NEWSLETTER



## Spotlight on Our Graduates – Spring 2025

To our incredible TRIO graduates—congratulations!

As you prepare to walk across the stage and close this chapter of your college journey, we want to take a moment to celebrate you, honor your hard work, and thank you for being such an important part of the TRIO family.

Over the past two years, we've watched you grow, overcome obstacles, push through tough days, and support each other along the way. Your dedication, resilience, and determination have been truly inspiring. Whether you were meeting with your advisor weekly, attending workshops, joining campus trips, or simply showing up and doing your best—you made it. And we couldn't be prouder.

Now, as you step into the next phase of your journey—whether it's transferring to a four-year university, starting a new job, pursuing an internship, or taking a well-earned break—we hope you carry the lessons and support of TRIO with you. You are capable of amazing things, and this is only the beginning.

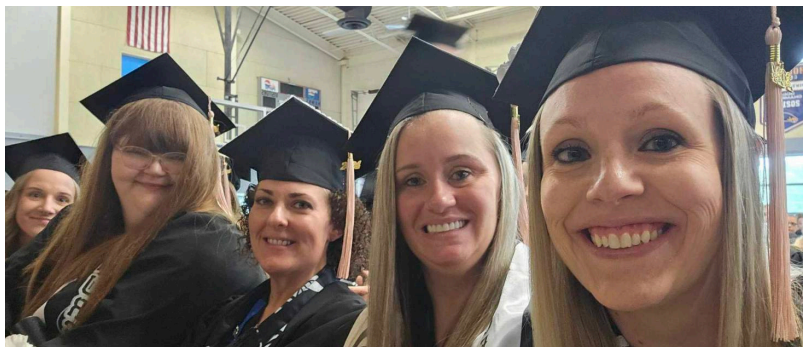
Please join us in congratulating the Spring 2025 TRIO Graduates:

Rodney Brown,. Katherine Caillouet, Benjamin Francis, Brielle Gingras, Tyquez Moore, KateLynn Morrison, Aidan Pena. Zion Reynolds, Austin Seberig, Cameron Snavelly, Gabby Sparks, Issa Tchari, Val Truman, Mary Welz, Awutiu Akol, Luke Bettinger, Brayden Brown, Brooklyn Bullock, Hannah Colbert, R'chon Currington, Dekota Graf, Ianzoe Herman, Mallory Holter, Christopher Kelly, Savannah Klotz, NaShala McDonald, Ellie Nichols, Elias Rowley, Grant Seffens, Elijah Sherrill, Dante Shope, Royal Sibley, Noah Tish, Cheyana Umbel, Riley Bradley, Jaynah Carr, MacKayla Caperton, Marrisa Kuhn, Rena Loebker, Danielle Sheets, Bayleigh Gump, Elijah Kirksey, Alyx McElwain, Meduzi Mansu, Raleem Brooks, Alisia McDougle, Shannon R Coley, Kristy Kness

From all of us in TRIO—thank you for letting us be part of your story. We believe in you, we're proud of you, and we can't wait to see what you do next.



With love and pride,  
From Your TRIO Family





# Spring into Success: Tips for Finishing the Semester Strong

The finish line is in sight, TRIO students! 🌟 As we head into the final weeks of the semester, now's the time to buckle down, stay focused, and finish strong. Whether you're preparing for final exams, completing big projects, or just trying to stay motivated, you've got this—and we're here to help. 💪📚

Here are some helpful tips to carry you through:

## Final Exam Prep Strategies

- **Start early:** Begin reviewing material now so you're not cramming at the last minute.
- **Use active recall:** Quiz yourself on key terms and concepts rather than just rereading notes.
- **Teach it:** Try explaining topics to a friend (or even your pet!)—if you can teach it, you know it!
- **Mix it up:** Don't study the same subject for hours—rotate subjects to keep your brain fresh.

## Time Management Tools

- **Use a planner or calendar:** Map out due dates and break big tasks into smaller steps.
- **Set a timer:** Try the Pomodoro Technique—25 minutes of focused work, followed by a 5-minute break.
- **Prioritize:** Tackle your most difficult or urgent tasks first when your energy is highest.

## Study Tips

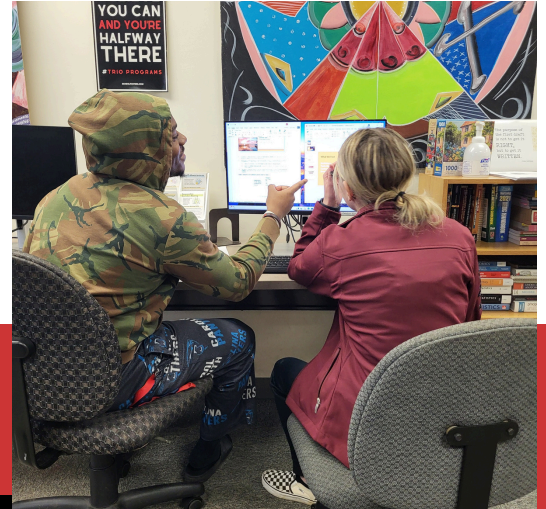
- **Find your space:** Choose a study environment that minimizes distractions (the TRIO Lab is a great option!).
- **Stay organized:** Keep your notes, handouts, and online resources all in one place.
- **Stay hydrated and take breaks:** Don't forget to eat, rest, and move your body—your brain needs it!

## Use Your Resources!

- **TRIO Tutoring:** Don't struggle alone—our tutoring services are here to help with math, writing, science, and more. Reach out to schedule a session.
- **TRIO Lab:** A quiet, welcoming space to study, print assignments, or just regroup.
- **Your TRIO Advisor :** We are here if you need help planning your study strategy, managing your time, or just want someone to talk to.

Remember: you've come so far already, and this final stretch is just one more step toward your goals. You are capable, worthy, and supported. Let's cross that finish line together!

# 2024-25 TRIO Events and Activities



# Future-Focused: TRIO's Innovative Approach to Career and Life Skills

This semester, we thoughtfully designed our TRIO workshops to align with the unique needs and aspirations of our college students. Recognizing the growing importance of both technology and strategic thinking in academic and professional success, we hosted two dynamic sessions: Career Planning with AI and Learning Critical Thinking through Chess. The AI workshop equipped students with tools to explore career paths, craft effective resumes, and navigate the job market using cutting-edge technology. Meanwhile, our chess-based workshop fostered essential critical thinking and problem-solving skills in an engaging, hands-on format. These workshops were not only educational but also aimed at empowering students to think ahead and make informed decisions—something both students and their families can feel confident about as they progress through their college journey.

