

# TRiO Student Support Services

## Fall 2012 Newsletter

It may be the start of your first semester in college, or it may be the start of your last semester in college. Either way, the beginning of a new term means that you're back at square one, no matter how long you've been in school. What are the basics that you'll need to make sure you start off as strongly as possible?

### **Beginning a New Semester**

1. **Get a time management system.** Managing your time just may be your biggest challenge while in college. Find something that works for you and use it from day one.
2. **Take a reasonable course load.** Taking 20 units (or more!) this semester may sound great in theory, but it most likely will come back to haunt you in the long run. Sure, it may seem like a good way to improve your transcript, but the lower grades you might get because your course load is too heavy is a sure way to bring your transcript *down*, not up. If you absolutely must carry a heavy course load for some reason, make sure that you've cut down on your other commitments so that you don't put too many unreasonable expectations on yourself.
3. **Have your books purchased -- or at least on their way.** Not having your books the first or second week of class can put you behind everyone else before you even had the chance to start. Even if you have to go to the library for the first week or two to get the reading done, make sure you're doing what you can to stay on top of your homework until your books arrive.
4. **Have some -- but not too much -- co-curricular involvement.** You don't want to be so over involved that you barely have time to eat and sleep, but you most likely do need to be involved in something other than your classes all day long. Join a club, get an on-campus job, volunteer somewhere, play on an intramural team: just do something to keep your brain (and personal life!) balanced.
5. **Get your finances in order.** You may be rocking your classes, but if your financial situation is a mess, you won't be able to finish the semester. Make sure your finances are in order when you start a new semester *and* that they'll still be that way as you head toward finals week.
6. **Have your "life" logistics worked out.** These are different for every college student, but having the basics -- like your housing/roommate situation, your food/dining options, and your transportation -- worked out in advance is critical to making it through the semester in a stress-free way.
7. **Set up healthy outlets for fun and to relieve stress.** You don't need to have a Ph.D. to know that college is stressful. Have things already in place -- like good groups of friends, exercise plans, hobbies, and smart ways to avoid pitfalls (like knowing how to avoid test anxiety) -- that will allow you to mentally check out and relax when things get intense.
8. **Get information on where to go for help -- you know, just in case.** When, and if, you find yourself juggling more than you can handle, trying to find help while under that kind of stress is nearly impossible. Learn where to go for help before your semester begins so that, just in case things get a little rough, your small speed bump doesn't turn into a major disaster.

# Upcoming Events

## Textbook Reservations

Textbook reservations begin on **Monday, August 20<sup>th</sup>**. See the attached list of books that will be available for check-out. Remember, if you have not returned your books from last semester, you are restricted from requesting books for the current semester. If you did not see your assigned counselor last semester, you are restricted from checking out textbooks until after your first appointment this semester.

## SSS Mandatory Orientation

Our semester kick-off will begin with Orientation on **Friday, August 24<sup>th</sup>** in the Student Center's Old Main Room from 5-7pm. Orientation is mandatory; **all** SSS students **must** attend.

## ATTENTION ALL SSS STUDENTS!!

IF YOU ARE CAUGHT PRINTING IN THE COMPUTER LAB WITH OR FOR NON-SSS STUDENTS, **YOU WILL LOSE ALL PRINTING RIGHTS FOR THE ENTIRE YEAR!!!!** MOREOVER, WHEN YOU VISIT THE SSS COMPUTER LAB TO PRINT, **DO NOT BRING ANY FRIENDS**. THE LAB IS SMALL AND CANNOT ACCOMMODATE SSS STUDENTS AND FRIENDS. IF YOU DO BRING FRIENDS WITH YOU TO THE FLOOR, PLEASE HAVE THEM WAIT IN THE HALLWAY UNTIL YOU COME OUT OF THE LAB.

THANK YOU,  
*M&. Greer*

# August/September Calendar

Event	Date	Location/Time
The Lion King	Saturday, August 25 <sup>th</sup>	Fox Theater 2pm
Workshop: Does Financial Aid Pay for Everything	Thursday, August 30 <sup>th</sup>	Student Center/Ohio Room 5-6:30pm
CSS: The Real on College	Tuesday, September 4 <sup>th</sup>	Student Center/Ohio Room 5-6:30pm
First Friday: Student/Faculty/Staff Night	Friday, September 7 <sup>th</sup>	Lower Level Grinnelle 5-7pm
Workshop: Learning to Lead	Thursday, September 13 <sup>th</sup>	Student Center/Ohio Room 5-6:30pm
CSS: The Balancing Act	Tuesday, September 18 <sup>th</sup>	Student Center/Ohio Room 5-6:30pm
Family Fun Night at the Recreation Center	Friday, September 21 <sup>st</sup>	Student Recreation Center 6:30-8:30pm
Workshop: Put your Dreams to the Test	Thursday, September 27 <sup>th</sup>	Student Center/Ohio Room 5-6:30pm
Family Weekend Tailgate	Saturday, September 29 <sup>th</sup>	Saluki Row 4-6pm

# Parent's Corner

## Family Resources

### *Getting Settled In*

- **CCR&R is a subsidy** that helps pay for childcare. The application can be downloaded at (<http://www.jalc.edu/ccrr/>).
- Wesley Foundation monthly **Food Pantry** ([www.siuwesley.org/](http://www.siuwesley.org/)).
- **WIC** provides supplemental foods, healthcare referrals, nutrition education, and breastfeeding promotion and support to low-income pregnant, breastfeeding, and postpartum women, and to infants and children up to age five who are found to be at nutritional risk. Call (618) 684-3143, ext. 148) for more information.
- If you live in Illinois you can apply for **cash, medical and SNAP benefits online!** If you have no money or you need help paying for food or medical bills, then you should complete this application. The information you provide is kept private and secure (<http://fspp.dhs.state.il.us/register/wb/wbHomePre.do>).

### *Academic*

- **Class attendance is pertinent** for all students, but even more so for single parents.
- **Attend class every day** because there are days that you will have to miss due to teacher workshops, school holidays, children illnesses, or lack of childcare. These are the greatest interruptions to regular course attendance for single parents and often contribute to poor

academic performance. Therefore, be proactive. Devise a plan. Develop relationships with other parents that you trust to exchange childcare services. Alert your professors and instructors about your child's school calendar which may cause absences. If assignments will be due on these days, although you will not be in class, make arrangements to submit your assignments early.

- **Turn in all assigned work on time**, do not allow yourself to get behind.
- If you find it necessary to take your child to class, **email your professor in advance**. If you cannot email your professor, arrive to class early and ask your professor's permission for your child to attend. Former students have found that as long as children are not disruptive, instructors are often cooperative.

### *Family Fun*

- Family Carnival (Saturday, August 25<sup>th</sup> from 3-6pm) Evergreen Terrace Park.
- Family Fun Night at the Recreation Center monthly, beginning on September, 21<sup>st</sup> from 6:30-8:30pm. The cost is \$2 and registration is required (<http://nontrad.siu.edu/>).
- Student Center Bowling Alley (call 618.453.2803)
- Youth Program at the SIUC Recreation Center (<http://www.reccenter.siu.edu/>).
- Craft Shop ([craftshp@siu.edu](mailto:craftshp@siu.edu))
- SPC free movies (<http://www.spc4fun.com/>).

## **What it Takes to be a Nurturing Parent**

- 1) **Listen to your children.** Give your children your undivided attention when they are talking.
- 2) **Spend time with your children.** Make some special time with your children. Play with them, talk with them and read to them.
- 3) **Set a good example.** Use good manners. Set clear and consistent limits, and consider how your decisions affect your children.
- 4) **Reach out to other family members, friends and neighbors.** Isolation is often a contributing factor to child abuse. Lack of a support system and the feelings of being stressed and alone can intensify problems. Talk to family,

friends, other parents and neighbors about parenting.