

TRIO Student Support Services *Spring Newsletter*

January 2015

2

Letter from the
Director

3

6 Tips to
Accomplishing
Tasks

4

SSS Honors List

5

Textbook List &
Important Dates

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Dear SSS Students,

Happy New Year! I hope you enjoyed your break. I am excited about the new semester and opportunities it will bring you. As I reflect on the Fall semester, I am very pleased with the results of all of your hard work. As many of you know, to incentivize good academic performance, we developed the “Three Point Club” for SSS students who earned a 3.0 term, or cumulative, GPA. Students who achieve this performance goal are listed on the bulletin board outside of the SSS Office and are entered in a raffle for a \$250.00 textbook scholarship. In Spring 2014 we had a total of 56 students in the 3.0 club. **This past semester, Fall 2014, we had 95 students that made the 3.0 club.** The SSS staff is extremely proud of your efforts to make high marks in the classroom. Kudos! You are making a difference in the SSS program and you are making a difference at SIUC. Keep up the good work.

As a reminder, please mark your calendars for the SSS Orientation scheduled for Friday, January 23rd in the Old Main (Student Center) at 5:00 p.m. Textbook reservation forms are due on Wednesday, January 21st by 4:30 p.m.

Sincerely,

Renada Greer, Director

Life as a college student is not an easy one by any means. College is a gateway from being under complete supervision to being on your own completely. It is a place where kids and adults get a solid education that can successfully shape their careers.

With an enormous amount of pressure to find oneself all while getting an education, prioritizing seems to be difficult for many college students. There are several steps that can be taken in order to assist with accomplishing tasks in a timely fashion without feeling too bombarded with pressure.

1. Create a List of Most Important Tasks

The first step in accomplishing tasks in a timely fashion, and quite possibly in a short time frame, is ordering priorities from most important to least important. While getting everything successfully completed within the desired timeframe is advisable, sometimes it is just plain impossible. Sit down, list everything from most important to least important and highlight the first few that have to be completed. Completing those first will be number one priority and if the other tasks are simply untouched, it is okay.

2. Eliminate All Distractions

When it comes time to begin working on homework and other college work, you will need to ensure all distractions are eliminated before you begin. The following is a must

for all distractions that must be eliminated:

Turn mobile devices off or place it in an area where you know you cannot reach it. Sign out of all social networks on your computer if you have to use it to write a paper. Do not just "x" out of it, since the temptation to go back is highly likely. Signing out implies you must sign back in, in order to get on.

Go to a library if your living environment is too rowdy. Quiet environments eliminate all distractions of people and friends.

3. Work on Big Projects Slowly

As soon as a large project comes for school, begin to plan a schedule to work on it. Sometimes only working on it for 30 minutes every day will be enough time to get it completed and double-checked prior to the deadline. Never wait last minute to start a large project, as that will backlog the entire schedule.

4. Wake Up Early

Opposed to staying up all night and only getting a few hours of rest before school, go to bed early and wake up early. When your brain is rested, it will function quicker and you will get the tasks done quicker. When staying up all night, it can be equivalent to the effects of doing drugs. Your body begins to suffer, starting with your brain and working to the outside such as your skin. It will be imperative to get rest to ensure the functionality of your brain and the quality of your work.

5. Write Down All Thoughts That Come to You

If you remember midway through your task that you need to do something later, write it down on a list. Writing it down will ensure that it does not fester in your brain so that you do not forget and will allow you to get back to work promptly. Only unless you have an immediate task that must be completed, complete your first task and work toward other ones afterward.

6. Adjust to the "50-30-20" Rule

When you schedule your tasks, it will be important to utilize the 50-30-20 rules, which implies that 50-percent of all tasks you work on will work toward your long-term life goals. 30-percent of all tasks will be your middle-term tasks (2 years or so). Lastly, the 20-percent of all tasks will be your short-term goals (90 days or less). This rule will assist with getting the work you need done and help prioritize what should happen throughout your college career.

Bottom Line

It is vital to remember that being a college student can be difficult. You need to become more invested in pursuing a long-term task planner to be able to schedule in last-minute assignments. Efficiency only comes to those who prepare themselves with a schedule. If you are a current college student, it will be expected that you start a planner immediately and follow some of the above tips. Find what works for you and continue to pursue it.

Precious Aguirre 3.2	Jasmine Hawkins 3.692*	Kelly Meloy 3.647*	Shawn Stephenson 3.621*
Bianca Alaniz 3.692*	Alexander Heathcoat 3.664*	Kiliegh Meredith 4.0	Ronisha Stewart 3.6*
Lateesha Baquet 3.4	Anthony Heathcoat 3.8	Betty Mezo 3.457	Travelle Stewart 3.0
Noel Benson 3.333	Jariah Henderson 3.0	Nina Moore 3.387*	Vanessa Torres 3.0*
ShiporaBlackmon 3.294*	Derrick Hicks 3.050*	Cierra Motley 3.0	Diamond Trusty 3.143*
Kaitlin Blakeney 3.6	Teaira Howard 3.083	Tykia Neal 4.0	Taylor Ward 3.2
Christina Braun 3.686*	Shatoyria Jangjirawat 3.762*	Chase Nelson 3.286	Quinshawnta Washington 4.0
Crystal Brewer 3.4	D'Vandrea Jenkins 3.0*	MorganNickles 3.0	Chandrea Willard 3.250
Shannon Butler 4.0	Dken Jones 3.0*	Christopher Ocegueda 3.0*	Cydni Williams 3.375*
Anthony Castelvecci 4.0	Jessica Jones 4.0	Lisa Ortiz 3.4*	Idalis Williams 3.0*
Devin Causey 3.5	Jessica Jones 4.0	Autumn Petrowske 3.769	Kenyatta Williams 3.0*
Tanisha Clark 3.308	Matthew Keys 3.154	Travonna Powers 3.0	Michail Williams 3.750*
Briana Collier 3.6	Shannon Knowles 3.5	Paige Preston 4.0	Lyneesya Wilson 4.0*
Jasmine Cordoba 3.429*	Brenda Krutsinger 3.926*	Salena Ramsey 3.0	
Timothy DeKoster 3.597*	Anoja Kuruppu 3.214*	Shana Reasoner 3.6	
Laquenda Dismuke 3.5	Hallie Lang-Kells 3.0	Taylor Reese 3.6	*Indicates cumulative GPA
Renesha Donson 3.6	Luke Laub 3.872*	Austin Rinderer 3.214*	
Christopher Downing 3.25	Brian Laurore 3.250*	Jacqueline Robinson 3.2	
Lataiya Duncan 3.333	Jalisa Lee 4.0*	Jasmine Robinson 3.4	
Warren Eldridge 4.0	Kenea Lee 3.250	Valencia Ross 3.5	
Warren Farley 3.0	Jacqueline Lopez 3.250	Alexandrea Rucker 3.6*	
Jovon Fluker 3.5*	Kimberly Matthews 3.643*	LaKendra Sanders 4.0	
ShantelFranklin 3.786*	Icee McConnell 3.7	Katherine Schwartz 3.667	
Chalice Gardner 3.0*	Saidia McDaniel 3.4*	Briana Shaw 3.0*	
Hannah Giwa 3.0*	Samantha McGrath 3.133	Shavonne Simmons 3.5	
Raven Gougjs 3.083	Amber McKinley 3.6	Ashley Simpson 3.068*	
Ryan Gougjs 3.250	Marneathea McMichael 3.083	Diamond Smith 3.4*	
Demetrius Green 3.4		Magan Snowden 3.431*	

Textbook reservations will begin Tuesday, January 20th. See the list of books below 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. Please stop by any SSS office to fill out your textbook reservation form **before** Wednesday, January 21st at 4:30 pm.

Spring 2015 Textbook List

ACCT 230	GEOG 104	POLS 114
AFR 215	HCM 340	PSYC 102
ANTH 104	HCM 364	PSYC 222
BIOL 200 A & B	HCM 365	PSYC 301
CCJ 201	HCM 420	PSYC 303
CCJ 306	HED 101	PSYC 305
CCJ 310	HED 311	PSYC 311
CCJ461	HIST 101 A & B	PHYS 101
CCJ 473	ISAT 366	PHYS 103
CI 227	IST 207	SOC 215
EDUC 311	KIN 104F	SPCM 262
ENGL 121	LING 200	SPCM 281
ENGL 204	MATH 109	SPCM 301I
ENGL 290	MKTG 305	SPCM 325
ENGL 291	PHIL 102	WGSS 201
FL 120B	PHIL 105	ZOOL/PLB 115

Important Dates

Martin Luther King, Jr.'s Birthday	Monday, January 19th
Semester Classes Begin	Tuesday, January 20th
Spring Vacation	Saturday, March 7th through Sunday, March 15th
Final Examinations	Monday, May 11th through Friday, May 15th
Commencement	Saturday, May 16th