

1-2012

# TRiO Student Support Services Newsletter : 2012 : 01 (Spring)

University of South Florida St. Petersburg. Office of Academic Affairs.

Follow this and additional works at: [http://digital.usfsp.edu/student\\_acad\\_success\\_support](http://digital.usfsp.edu/student_acad_success_support)

---

## Recommended Citation

University of South Florida St. Petersburg. Office of Academic Affairs., "TRiO Student Support Services Newsletter : 2012 : 01 (Spring)" (2012). *Student Academic Success and Support Services*. 4.  
[http://digital.usfsp.edu/student\\_acad\\_success\\_support/4](http://digital.usfsp.edu/student_acad_success_support/4)

This News Article is brought to you for free and open access by the Office of the Regional Vice Chancellor for Academic Affairs at Digital USFSP. It has been accepted for inclusion in Student Academic Success and Support Services by an authorized administrator of Digital USFSP.

DREAM,  
BELIEVE,  
ACHIEVE



## TRIO SSS STUDENTS



### Spring Into Motivation!

*Without inspiration the best powers of the mind remain dormant. There is a fuel in us which needs to be ignited with sparks.*

Johann Gottfried Von Herder

Welcome to Spring 2012 and Happy New Year! With the new year, perhaps you have some resolutions- to engage in every class, join the gym, save money or learn how to paddleboard! Keeping our resolutions can take motivation and dedication. Staying motivated can be tricky. Below are some helpful tips to keep you on track.



#### Table of Contents:

Addicted to Social Media?	2
Welcome Kelley!	2
Spring Academic Calendar	2
A Work in Progress	3
Club TRiO News	3
Goodbye Lieu	3
Spring Events	4
Library Hours	4

Remember, nothing is perfect the first time you attempt it. Try to look at obstacles as hurdles to power through, jump over or knock down. Believing in yourself is a powerful drive that can assist you in completing your goals. Having a “Yes I can, Really!” mentality can help push you forward. Maintain a specific, targeted plan to help keep on track. Set realistic goals that can be accomplished regularly.

If you are you stuck in a rut and tired of the same ol’ same ol’, try adding some spice to your life! Sit in the front of class or try a new route for a jog. What challenges will you pursue? Will you go on to graduate school or engage in new career? Interested in learning how to cook- take a class or try a new recipe! Keep on learning for an active mind and body. Your goals are important and personal towards you. Remember why they are significant to help you stay motivated! In looking forward to the New Year, I am excited to stay motivated with you!

~Sarah Benson

### A Student’s View of TRIO SSS — Monica Edwards

When I first came to USFSP during the summer B term of 2011 I was nervous and scared, but there was something about the campus that demolished all of my fears. Even though the professors were helpful and my peers kind, I know that TRIO contributed to my success that semester. The TRIO program was my survival guide because of all of the support, love, and guidance that I received on an academic and personal level. The advisors and mentors guided me through college and ultimately helped me to become independent and more social. Aside from TRIO, the many on and off-campus activities with my peers always kept me on the go and never bored. For a smaller campus, it is always packed with events chosen by students to help you feel more relaxed and welcomed by everyone. I consider USFSP my second home and I look forward to the semesters ahead.



## HELP!!! I'm Addicted to Social Media — By Rebecca Raj



Looking for Harbor Hall? It is the old Dali Museum located on 3rd Street, just south of the library.

*Success does not consist in never making blunders, but in never making the same one a second time.*

— Josh Billings

I personally am guilty of this addiction but the first step to recovery is admitting you have a problem. If you studied as many hours spent on Facebook, Twitter, Tumbler or Pinterest, final grades might have been more appealing. Social media sites are a great way stay connected and informed but if not regulated can become a detriment to one's study habits and grades. Finding a way to balance your time is crucial to being successful in college and in life. The following are just a few tips that you can try to help alter habits and gain new skills. Good luck this spring and finish strong.

1. GET A PLANNER! Depending on your personal style you can buy a planner, use your blackboard or the one on your phone, better yet download an app.
2. Be realistic and check your media sites during your study break
3. Change your setting- Do not study where you play!
4. Put your phone or notifications on silent not vibrate during study time, your reward will be checking it at the end.
5. For you real junkies try sending a text, tweet, status update, BBM...whatever you use and let people know you are leaving the e-world to study for a few hours.
6. To end on an extreme note, try leaving your phone in the car or give it to a friend during real crunch time!

It is time to take back your free time and regain control of your life!

**For more tips, check out this website!**

<http://lifestyle.msn.com/your-life/own-your-life/article.aspx?cp-documentid=23601054>

### Meet Kelley Vanderwerf; Our New Office Assistant /Account Manager

Kelley joined our staff January 3rd, filling the position held by Lieu Huynh. She has been working for USFSP since 2008 working for the Academic Success Center. Kelley said that the best things about her job were helping students and the atmosphere her co-workers provided. She loves the fact that USFSP is located near the water and close to downtown St. Petersburg. Kelley is from Buffalo, NY. She graduated from Osceola High School and went on to earn a degree in English Literature from USFSP. She enjoys playing the guitar and singing in her free time. Kelley has a black lab mix named Bailey and three cats named Kashmir, Sadie, and Moo-Moo (because she has spots like a cow). Make sure to introduce yourself to help her feel welcome and to tell her all the great things about TRiO SSS!

## ACADEMIC CALENDER

January 9—Spring, first day of classes	April 27—Spring, last day of classes
January 16—Martin Luther King, Jr. Day	April 28 - May 4—Spring Final Exams
March 12 - 17—USF Spring Break	May 6 — Commencement



Stop by and see Jeff and Tyler in their new office and sign up for tutoring! The address is TER 403 B.

## A Work in Progress — By Terrye Wilson

*Transition* – that often stressful aspect of growth. It never fails that just when I have my life all figured out, I’m heading in a new direction, growing and learning even more about who I am. Change was always just around the bend for me: in college major, relationships, moving to live in six different states, quitting smoking, surviving divorce, etcetera. I have always expected to grow intellectually, but discovering who I am emotionally through love and grief was a whole new kind of learning. Over the years, I have had the great honor of listening to college students tell me about the transitions of their lives, their struggles and victories, how they have grown, and what they have learned about themselves. Walking the path of a college advisor has been a true blessing. It just doesn’t seem like “work” to me. So, TRIO SSS students, welcome the changes that are about to occur in your lives this Spring semester. Let a TRIO advisor or mentor know if these new challenges throw you off balance. I’ve learned that it can really make a difference finding someone to lean on in those temporary times of feeling like you’re off-track. Chances are, you’re just in the midst of an unexpected transition.



Check out the walls of the CAC before it's too late!

*Education is learning what you didn't even know you didn't know.*

— Daniel J Boorstin

### CLUB TRIO OFFICERS FOR SPRING 2012

**PRESIDENT** — Kevon Bremmer

**VICE PRESIDENT** — Rinaldi White

**SECRETARY** — Briana Russo

**FINANCES** — Jeff Schellhause

**HISTORIAN** — Leah DiPolito

### CLUB TRIO ACTIVITIES FOR SPRING 2012

Welcome Back BBQ — February TBD

Interview Fashion Show — April 11th

Professional Clothing Drive — March 20—April 13th

### GOODBYE TO LIEU HUYNH

Lieu has left TRiO SSS for the Florida Institute of Oceanography (FIO), which is located on the USFSP campus in the College of Marine Science. The FIO does studies and research like studying algae growth or learning the effects of the oil spill. She is their new Fiscal and Business Specialist. Lieu is in charge of making sure everything is correct with their budget. If you would like to visit, her office address is MSL 128 D. Feel free to visit her, she is always glad to see a familiar face!



Good Luck Lieu!

## USFSP TRIO SSS

Address:  
140 Seventh Ave South  
St. Petersburg, Fl 33701

Phone: 727-873-4003  
Fax: 727-873-4975  
E-mail: [trio@stpete.usf.edu](mailto:trio@stpete.usf.edu)

Dream. Believe. Achieve.

# TRiO

STUDENT SUPPORT SERVICES

Visit us online!

<http://stpete.usf.edu/trio/>

## Important Campus Information

Academic Success Center -- Tutoring for all classes, Terrace 301

<http://www.stpete.usf.edu/success/index.htm>

Academic Advising – Meet once a semester to make sure you are taking the right classes, Davis 134

<http://stpete.usf.edu/advising/Index.htm>

Career Center – Information about careers and college majors, Terrace 200

<http://www.stpete.usf.edu/career/>

Center for Counseling, Health, and Wellness -- Great help when you are not feeling well , Bayboro 117

<http://stpete.usf.edu/saffairs/CCC/index.htm>

The Waterfront – Swimming, kayaking, other activities, Coquina 108

<http://stpete.usf.edu/waterfront/>

Fitness Center – Workout room, gym, campus information, CAC

[http://stpete.usf.edu/studentlife/campus\\_recreation/index.htm](http://stpete.usf.edu/studentlife/campus_recreation/index.htm)

Disability Services – Help for eligible students, Terrace 200

<http://stpete.usf.edu/disability/index.htm>

Public Safety – Campus Police, FPF 105 (parking garage by Barnes and Noble)

<http://stpete.usf.edu/police/index.htm>

Nelson Poynter Library – Check out a book or use the computers

<http://www.nelson.usf.edu/>

### Spring Workshops

- TRiO Open House at 10 a.m.-2 p.m. on January 12th in DAV 130
- Graduate School Application Info. Session at Noon on January 19 in DAV130
- INROADS Info. Session regarding paid summer internships with major corporations such as Raymond James at 3 p.m. in DAV130 and 5:30 p.m. in DAV 236 on February 7
- TRiO Day on February 24
- Workshop on Financial Literacy at 3:30 p.m. on March 6 in DAV236 to help you stay financially savvy throughout your college career
- Formal Business Etiquette Dinner at the Hilton TBA
- End-of-Semester Banquet in April to celebrate your accomplishments
- TRiO Talk Luncheon with 12 students during the last week of each month. Be sure to sign up as soon as the announcement is made every month to secure your spot!



View from the third floor study area in the library

### Library Hours

Monday-Thursday 8 am to 10 pm

Friday 8 am to 5 pm

Saturday 9 am to 5 pm

Sunday 1 pm to 7 pm

