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TRiO Student Support Services Newsletter : 2012 : 08 (Fall)

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DREAM,
BELIEVE,
ACHIEVE



TRIO SSS STUDENTS



If you don't know where you are going, you might wind up someplace else. -Yogi Berra

What's your Action Plan?



New bicycle racks have been installed this summer all over campus

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We all may be at USFSP for many different reasons. Perhaps you want to become a teacher, a business entrepreneur, a journalist, an environmental scientist or a graphic designer. Goals are exciting! However, questions such as “How will you reach your expected graduation date?” or “What is your career outlook?” or “What are you going to do to pass your tough class this fall semester?” may present a challenging situation. One strategy to tackle your hurdles is to create an action plan!

An action plan is an outline of your strategy for completing your tasks and reaching your goals. An effective action plan can help you work towards your goals with intention. A well thought out, written down plan, can help you stay organized, on track, and accountable for the work that you do.

First, define your goals for the semester. Are they academic? Personal? Social? Make sure your goals are **SMART** goals! Goals should be **Specific, Measurable, Achievable, Realistic** and **Time Bound**. Next, prioritize your goals. Knowing what you need to do first, next and last can help you stay focused and on track. Set tasks for yourself and accomplish them. What do you need to do daily/ weekly/ monthly to make sure your goals are successfully reached? Congratulations- you are a college age adult, responsible and accountable for your education! It's an exciting and challenging time, but remember, you're not alone. TRiO SSS Educators are here to assist you in creating plans that work for you. When your goal is completed, reflect on the process and remember to celebrate! Your accomplishments are something to be very proud of.

- Sarah Benson, TRiO SSS Assistant Director

ACADEMIC CALENDAR



August 27 — First day of classes

September 3 — Labor Day

November 12 — Veteran's Day

November 22 & 23 — Thanksgiving Break

December 8-14 — Final Exams

December 16 — USFSP Commencement

Building Your Human Capital

Today's college student faces different challenges than the graduates of the past. Every day we are bombarded with the economy and employment. The future might seem grim but with a few tweaks to old practices, success is just beyond the horizon. Starting from your freshman year what you do you and who you meet matters. Be intentional about the clubs you join and make an effort to keep in contact with professors and college administrators. They might be your reference and connection to future jobs. On campus involvement is as important as being connected to your community. Local nonprofit and community organizations can lead to professional development, business contacts and leadership opportunities. Gaining experience and knowledge in your future career field gives you a competitive edge amongst your peers. Visit your local Student Life and Engagement Office or Career Center for help with the search. Most importantly be your own advocate, everything you do builds your brand and adds value to your human capital.

- Rebecca Raj, TRiO SSS Advisor



The New University Student Center is finally here!!!

Many of life's failures are people who did not realize how close they were to success when they gave up.

- Thomas Edison

TRiO SSS Students, how was your summer?

Summer was awesome! I won a cruise for two to the Bahamas for a few days, it was the prettiest water I've ever seen!

Diana Nuelle

My wife and I hiked the Napali coast of Kauai. This is where the mountains, ocean, and sky meet in one dream.

Michael Leggett

This summer was super busy, but I enjoyed it. I worked at the Clearwater Beach Hilton and ran the kids program. I am looking forward to Fall Semester!

Leah Dipolito

During my final summer semester at USF my immediate family experienced birth, marriage, and death. In the midst of the chaos, I still managed to graduate.

Jason Lopera

My wonderful brother has just gotten married and I flew to California for a week to be with my family for the occasion. The weather and mountains are magnificent!

Christa Hegedus

Over the summer I was given the opportunity to work as an Orientation Leader and a Resident Assistant. To sum things up I would say my summer was filled with little sleep, excitement, hard work and fun and I loved every minute of it!

Monica Edwards

I spent the summer in Washington D.C. I interned with the United States Small Business Administration. The program that I was part of is called The Washington Center. I had the chance to meet the VP of CBS and I also fell in love with the city.

Brian Huynh

My summer was extremely nice. A tad bit stressful due to summer classes, but besides that, it was awesome. Went out of town plenty of times with some friends and had so much fun!!

Jackie Dos Santos

I went to Ohio for my sister's wedding! While I was there I cut off 14 inches of my hair and donated it to Wigs For Kids. It took me a year and a half to grow!

Rhonda Hines

FRUSTRATED?!?!?!?



Jeff and Tyler are still in their office. Come by for tutoring or just to relieve some stress!!!

Kelley's PET Peeves

Although living on campus may not allow for caring for a pet, you can have a positive impact on the lives pets that are in the care of your family and friends. First of all, making a pet a member of your family is a commitment that will stay with you for the life span of the animal. An animal is a living creature, not an item you can return to the store. If you a friend tells you that he or she wants a dog, encourage them to consider the responsibility and weigh the pros and cons. The biggest factor contributing to overcrowded shelters is pet owners who allow their dogs and cats to breed. There are too many animals and too few willing and responsible potential owners. While shelters are flooded with animals in need, many pet stores are supplied with dogs from puppy mills. Rather than supporting this barbaric practice, we need to adopt our pets from shelters. In the Tampa Bay area we have Friends of Stray, The Pinellas Humane Society, the SPCA of Tampa Bay, and Pet Pal among others. Tampa Bay Rays third baseman, Evan Longoria, along with Brighthouse Networks, the Rays, and other local businesses, each support Pet Pal by donating \$100 to the organization for every homerun the slugger hits. Longoria has also adopted two dogs from Pet Pal. When you're looking to adopt, pay special attention to black dogs and cats as they are often the last to be adopted. You may also help in being a voice for the voiceless by reporting animal abuse and/or neglect to the SPCA at **727-586-3591**. You can also help by donating time and money to anyone of these organizations.

Let's get this semester off to a great start by being the change we wish to see in the world!

As Bob Barker use to say "Don't forget to spay and neuter your pets!"

-Kelley Vanderwerf, TRiO SSS
Staff Assistant

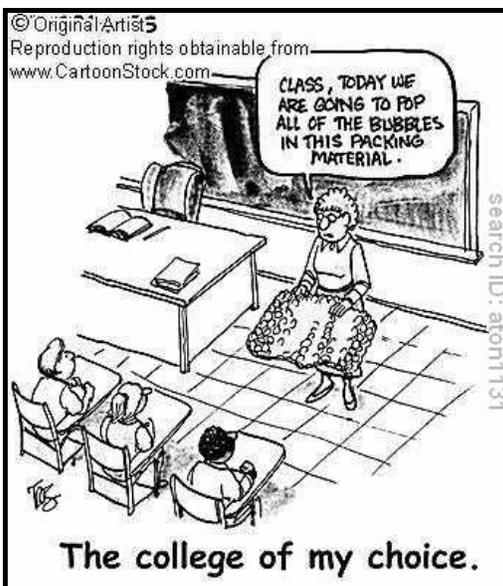


Kelley and her favorite player Luke Scott!

GO RAYS!!!

Continuous effort, not strength or intelligence, is the key to unlocking our potential.

- Liane Cardes



CLUB TRiO

Welcome back! We are looking forward to meeting with our 2012 officers to plan the fall semester. If you have suggestions on events you would like to do let us know in the TRiO SSS Office.

We will be holding elections for 2012-2013 officers in October.

Our goal for this year is to focus more on community involvement and building up our social network. We hope to provide the club members with resume building opportunities while being able to give back to the community.



Check out the new basketball courts right outside the USC. Challenge your friends to a game of HORSE!

USFSP TRIO SSS

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**Dream. Believe.
Achieve.**

TRiO
STUDENT SUPPORT SERVICES

Visit us online!
<http://stpete.usf.edu/>

Fall Workshops

- Get Ready for the Fair, September 26th 11-1 PM/
Davis 242
Resume prep and interview do's and don'ts
- Financial Literacy, TBA October
- Mentor Lunch, 11:30 AM - 1 PM Tuesdays in the USC
Have lunch with Jeff, Tyler, and the TRiO Staff
- Study Abroad, TBA November
- Time Management and Study Skills, Oct. 10, 12-1 @
Davis 250
- Networking, TBA November

Library Hours

Monday-Thursday 8 am to 10 pm
Friday 8 am to 5 pm
Saturday 9 am to 5 pm

New Beginnings, The Student Life Center

The new Student Life Center (SLC) is set to open in October. This building was formerly known as the Campus Activities Center (CAC) but it is currently undergoing a major renovation. For those of you who shot hoops or attended events in the CAC, you will no longer recognize it. It has been transformed into an office building. Once it is completed the following offices and organizations will be located in the SLC: Student Government (SG), Harborside Activities Board (HAB), Bishop Center, Disability Services, Career Center and Crow's Nest. The Wellness Center has already moved to the SLC and is currently open. The Fitness Center is still open to students and staff during the renovation and it will remain in its current location.

- Jeff Schellhause, TRiO SSS Tutor/Mentor

Who Wants to Play!?!?!?

Interested in playing intramurals? We are looking to start TRiO SSS teams for the fall season. If you are interested contact Tyler Thomas, TRiO SSS Mentor, for more information.

tthomas11@mail.usf.edu



Construction in the CAC, the new stairs are in the middle of the old basketball court!



**Make sure to check
out USF Fall Sports if
you have time!**

GO BULLS!