Welcome to fall quarter at WWCC! Now that we are into the third week of fall quarter, I hope you are settling into a schedule that is working for you.

If you find you are having problems with time management, you may want to consider attending the time management workshop I will be giving later this month (see fall workshops on page 2).

TRiO will be hosting an open house on Wednesday, October 14, 11:00-12:30. I hope all of you will drop by for at least a few minutes during the open house. There will be cookies and punch available!

I wish each one of you a year full of academic success! Remember, everyone in the TRiO program (both the Clarkston and Walla Walla campuses) is here to serve you!

Don’t forget, I want to meet with all of my TRiO students no fewer than twice each quarter. If I haven’t seen you recently, stop by my office to schedule an appointment.

I would like to introduce you to Amanda Chapman (see photo at left).

Amanda is helping out in the TRiO office daily from 9:00-Noon, Monday through Friday.

TRiO Welcomes Lili Hungerford

Happy fall, TRiO students! My name is Lili Hungerford and I am the new TRiO advisor here at WWCC. I am an alumnus of this TRiO program at WWCC and transferred to Eastern Washington University, where I received my bachelor’s degree in history.

I am a strong advocate for access to higher education by underrepresented groups.

I have a son named Adrian and a dog named Pinky.

I love traveling and listening to music. I love to read and to cook, but can also be found on the PS3 playing Little Big Planet or Madden.

I enjoy learning about and experiencing new cultures.

I will be advising the Walla Walla TRiO Club this year, as well as leading some workshops and campus visits.

I look forward to meeting all of you in the near future.
Fall Workshops

Intro to Angel
If you plan to participate in any of the online workshops, you need to first learn how to operate within the Angel program. Come to this workshop to learn how Angel works. Offered twice for your convenience. Tuesday, Oct 13, 8:30-9:30, and Wednesday, Oct. 14, 2:30-3:30, location TBA.

Test Anxiety
Does your mind go blank during tests? Do you experience sweaty palms, shaky hands, heart palpitations, or unmanageable nervousness before or during exams? Ever get the feeling you could have performed better than you did on that last quiz? Well, don’t beat yourself up – attend this helpful seminar and learn strategies to recognize and minimize testing anxiety! Tuesday Oct 20, 11:30-12:30, Rm. TBA.

Time Management
Are 24 hours not enough in your day? Time is an unusual commodity—it can’t be saved. You can manage this commodity so you won’t waste it or feel regretful about it. Learn time management skills that will allow you to spend your most valuable resource the way you want. Wednesday, Nov. 4, 1:30-2:30, Room TBA.

Getting Over Your Public Speaking Jitters
This is a workshop that helps you use your stage fright productively! If you have ever been nervous about speaking in class, giving a speech, or performing up front, then this session is for you! Come learn how to manage those jitters the next time you have to be in the limelight. Thursday, Oct. 29, 2:00-3:00, in the lecture hall.

Humor Your Stress
The new, improved Stress Management workshop! This workshop will feature Loretta LaRouche’s funny video, “Humor Your Stress.” After we view the film, there will be fun activity to help you apply the information to your life. Thursday, Oct. 29, 11:30-1:00, in the lecture hall.

Setting and Achieving Goals
Target, Objective, Aim, or Goal! It doesn’t matter what you call it, the real question is how to get there. Sign up for the online Goal Setting workshop. Learn how to set short term and long term goals and identify the steps it will take to achieve your objective. Online workshop—Nov. 7-13.

The Scholarship Shuffle
(two-part workshop) TRiO is offering an early-bird version of both parts of this workshop in December and will offer the workshop again several times during the first part of winter quarter. It is being offered early this year for those students that would like to get a jump-start on working on their scholarship search during the Christmas break. Part I. Receive information on scholarships that are available regionally as well as nationally. Part II. This is a scholarship writing workshop. Students will work on computers to complete scholarship applications. You must attend Part I prior to attending Part II.

Note-Taking Skills
Learn how to take better notes in class and increase your effectiveness in using your notes. Good note-taking can result in better learning and better grades. Learn the three steps to good note taking. Anyone can learn to take notes and use notes more effectively to increase learning and retention. Invest one hour of your time. It will be worth it. Online workshop—Nov. 28-Dec. 4.

Sign up to attend workshops in the TRiO Office.
We are keeping the workshop clip-board in the holder in the TRiO office. The interest sheets for campus visits, TRiO Club activities, as well as enrichment activities can also be found in this clipboard holder.
Many of you have been wondering when TRiO will begin awarding scholarships this academic year. The minimum amount for TRiO scholarships this year will be $976 per award. As in the past, students must be Pell eligible in order to be awarded a TRiO scholarship. No awards will be made fall quarter.

TRiO has set in place a few changes to this year’s application process. The scholarship application will be available in the TRiO office starting in January. There are three deadline dates for submitting the scholarship application package: Feb. 1, March 1, and May 10. As in the past, students will be required to fill out a scholarship application form, attend two workshops (if this is not your first year in the program—you need to pick workshops that you have not attended in the past—the exception to this is the Scholarship Shuffle workshops). Meet with your TRiO advisor a minimum of twice per quarter (a scheduled meeting not a quick drop in). A new component has been added this year. Students will be required to complete two hours of community service (see Heather for suggested community service activities). Applicants will need to include a cover letter or personal statement indicating how the funds will be used to assist them academically. Students have to use the funds to support their academic needs.

TRiO Scholarship Award Process for 2009-10

TRiO Club News

Club meetings are at 9:30 a.m. every Wednesday in Room 148. New members are always welcome. Remember, students do not have to belong to the TRiO program in order to participate in TRiO Club! So, if you have a friend that is not in TRiO, but would like to join the Club, bring them to our next meeting. TRiO Club is going to have an exciting year!

The Club is holding a bake sale on October 27 in the lobby. If you would like to bake something for the sale, please stop by and tell Heather or Amanda what you would like to bake and bring for the sale.

Campus Visits

If you are interested in going on a campus visit to WSU-Pullman or EWU-Cheney on November 18, sign up on the interest sheet in the TRiO Office. For a listing of other campuses TRiO will be visiting this year, see the TRiO office.
Win an iPod!

The TRiO member who attends the most TRiO workshops and enrichment activities combined during the 2009-10 academic year, will win an iPod!