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 TRiO Club this year, as well as leading some workshops and campus visits.

Please come introduce yourself to me next time you are near the new TRiO Office!

TRiO Office Moves to Room 130

Welcome back! You may have noticed that things have changed around the College while you were gone this summer. As with other offices around the College, our offices have temporally moved, too. We are now located behind the Info Center in Room 130. Come by and check it out! We will be hosting an open house on Wednesday, October 14, 11:30-1:00. We hope all of our students will drop by for at least a few minutes during the open house. We will be serving cookies and punch!

We are happy to welcome Lili Hungerford to our TRiO staff. A former student in our program, Lili brings a real-life approach to her position in TRiO. Stop by and say hi!

Good luck on a successful year! Remember, we are here to serve you!
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. Monday, Oct 12, 11:25-12:25, Room 281, and Wednesday, Oct. 14, 8:25-9:25, Room 281.

**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! Thursday, Oct 15, 11:25-12:25, Room 181.

**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, Oct 28, 1:25-2:25, Room 185C.

**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. Tuesday, Oct 27, 12:25-1:25, Board Room.

**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, Nov 5, 3:00-4:30, Board Room.

**Setting Goals and Achieving Them**
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 clipboard in the holder on the wall by the clock in our 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. 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 goals.

TRiO Club News

The first club meeting is scheduled for Wednesday, October 7, 1:00-2:00 p.m., in Room 320 (located within the vocational/technical building). Lunch will be provided to everyone who signs up by October 5.

TRiO Club will be electing officers and ASB representatives for the school year, as well as discussing upcoming community service opportunities, and setting the club’s regular meeting time and location. Be sure to be there to be part of the decision-making process. TRiO Club is going to have an exciting year!

For more information contact the TRiO Club advisor, Lili Hungerford at 527.4566.

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.

TRiO Open House

Wednesday, Oct. 14
11:30-1:00
Room 130

Refreshments will be served!
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!

Planning to transfer to another college?
Explore your options at the College Fair.
Wednesday, October 7, 9:00-12:30, Warrior’s Knee.