

# The TRiO Scoop!

## The TRiO Student Support Services Newsletter



### In the Spotlight: Donna Matoes

It has often been said that the TRiO Office runs like a well-oiled machine. OK, perhaps I am making that up, but if it was said, we would have Donna Matoes to thank for keeping us all on our toes.

Donna is the TRiO Administrative Assistant and has been an integral member of the team since 1989.

Apart from keeping us all in line, there are many other duties that she performs. Donna takes all of the pictures for our

promotional material, and also takes student pictures for our honors bulletin board.

We also know Donna as "Queen of the Accuplacer Placement Test," as she coordinates and administers all of our on and off campus testing.

Our tutors and labs also look to Donna for copies of the current textbooks, and she often facilitates tutoring for students. If we add computer assistance to her job inventory...that makes for quite a list!

Donna is also known for providing everyone with a compassionate ear and an encouraging word whenever it is needed.

I asked Donna if she could describe TRiO in one sentence. Without hesitation she said "We are a tight knit team, devoted to the success of our TRiO students."

That's very true Donna, but we could not be as successful as we are without your unwavering support and assistance.



### Nursing Students—Help is at hand!

Being a nurse is a tough job. Learning to be a nurse is often said to be tougher. Well, worry no more TRiO nursing students, we have been able to secure the tutoring services of Ray Hassett, an outstanding TRiO nursing student.

Ray is completing his own nursing

degree, but he has kindly offered to provide tutoring services for students in A&P 1 and 2, Nursing 1 and 2, and Microbiology.

Ray will be available on Mondays and Wednesdays, 9am to 11am, and again between 2pm and 3pm.

He is also available for one-on-one appointments, so please do not hesitate to come in and set a date and time for some individual tutoring with him.

To set up an initial appointment, contact Academic Specialist Mark Millward in CC235B.

### BREAKING NEWS!! TUTORING HOURS EXTENDED

Academic Specialist Mark Millward is pleased to announce that his tutoring hours have been extended as follows:

**Tues, Thur, Fri—8:30am to 5:00pm**

**Mon, Wed—8:30am to 3:45pm**

"Hopefully, this change in hours will give students more opportunity to come in and get help." said Mark. "This will be great for those students who have classes in the evening".

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## Midterm Madness

With midterms fast approaching, it is easy to become stressed and to start to believe that everything is just too much to bear.

Try following this "Midterm Madness" guide to help you to remain calm and focused during a time of heightened anxiety.

### Environment:

Good study locations are quiet, well lit, and free from distractions. Study during the best times for you, when you are most alert and can eliminate as many outside distractions as possible. The more focused you are, the more information you'll retain.

### Know Your Exam:

Make sure you know the type of exam you are studying for. Is it multiple choice, short essay, long essay, or a combination?

### Cramming bad, planning good:

Don't wait until the last minute! Just because an exam paper is due Monday

afternoon does not mean you should wait until Monday morning to start to write it!

Plan several short study breaks rather than cramming everything into one long session. Review what you have learned; go over past assignments and notes. If something needs additional review, create flashcards. Just the act of writing out the flashcards is a great study tool.

### Recognize stress:

If you start to feel stressed, remember that you are reading information that you've already learned! Studying for exams can feel overwhelming if you focus on how much material there is to cover. You're not learning this information – you are just refreshing it in your memory!

### Eat well

Believe it or not, certain foods can affect the way that you study and the way you feel about tests. Carbohy-

drates such as chocolate and pasta increase serotonin levels which can elevate your mood. For the health conscious, whole grains, spinach and other leaf green veggies, fruits and mushrooms can have the same positive effects.

Concentrate better by eating foods that are high in protein. Eat foods like meat, dairy, nuts and seeds, and even tofu or soy.

Now, like everything in life, eating will not always magically free your body from whatever you're feeling, but certain foods can help with your moods. It should also be noted that these foods should be eaten in moderation.

However, for any stressful exams, those favorite snacks can help you through your study sessions. You'll be one step closer to making those tests look like a cake walk—that is, if you don't eat too much cake!!!



## Test-Taking Techniques

OK, so you have read our guide on how to study for a midterm. What are you going to do when you are handed that exam paper? Here are a few tips that might help you.

### Read the directions.

Make sure and read the directions and remember to ask for clarification if you do not understand them.

### Skim the test quickly.

This test-taking strategy is much overlooked by students. Many times when you complete the easier sections or questions in a test, you gain more confidence. This can remove the pressure under which we put ourselves when taking an exam. Skimming over the test allows you to know what to expect and to pace yourself a little better, especially when a longer written essay is part of the test.

### Skip Hard Questions.

Just because the questions are numbered, it does not

mean you have to answer them in order. Read the test and answer all the questions to which you know the answer. You should find that this "gets you in the groove" to answer the harder questions that may require a little more thought.

### Check over work.

Always make sure that you write an answer for every question. If you don't, you are guaranteed to be throwing points away, as partial credit is never given for a blank space!

Before you walk out of the test, check your work for correct spelling, punctuation, capitalization and grammar. In a math test, always check the signs and order of operation, and note careless mistakes such as adding instead of subtracting.



## All-a-Twitter!

TRiD is now on Twitter!! If you follow SUNYCantonTRiD, you will receive, among other things, updates on when group tutoring sessions are about to start and be reminded of important dates in the academic calendar.

As fellow "twitterer" SUNYCantonNews has said "If you're a SUNY Canton student, you should follow @SUNYCantonTRiD! Great stuff about tutoring & other services—and they do it with a smile!"

C'mon tweeps, what are you waiting for!



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## Netbooks Now Available

Big news regarding the services that TRiD can now offer its students.

In a continuing effort to help TRiD students excel in their studies, Academic Specialist Mark Millward has taken delivery of twelve netbook computers that will be made available for short-term loan to students. In addition, Mark has secured access to electronic copies of the most frequently used textbooks via the internet.

This means that if any TRiD student does not have their textbook, they can come into the TRiD office and

gain access via the internet.

The computers can be loaned in one of two ways. Students can either come into Mark's office (CC235B) and use them there, or they can be loaned out overnight or over a weekend.

The machines will not be available for longer term rental, as the demand for textbook access is high.

"This is a great opportunity for TRiD students who struggle paying for textbooks," said Mark. "It will help to remove one of the big stressors in a student's life, how they are going to pay for college."



## Honor Societies – Why Join Them?

An honor society recognizes academic excellence, leadership, and a dedication to study in an area of academia, campus or professional leadership.

While in college, students who excel both in the classroom and on campus may have the opportunity to join an honor society. Being asked to join an honor society can lead to more opportunities in the form of scholarships and professional networking that can help students in finding jobs after college or applying to graduate school.

There are many honor societies available on campus. The two most common honor societies that TRiD students join are Phi Theta Kappa International Honor Society and Chi Alpha Epsilon National Honor Society. Curriculum-specific honor societies are also available on campus.

Students are typically invited to join an honor society. Eligibility is based on high academic achievement such as an outstanding GPA. Students who are eligible to join Phi Theta Kappa this semester

should have received a letter inviting them to join in early October. Students who are eligible for Chi Alpha Epsilon will receive notice during the Spring 2012 semester.

If you have questions regarding Phi Theta Kappa or Chi Alpha Epsilon, see your Academic Counselor. If you have questions regarding a curriculum-specific honor society, please see your Academic Advisor or Academic Counselor.



## Pre-Scheduling Ahoy!!

It's almost that time, to begin scheduling your classes for the Spring 2012 semester. Pre-scheduling week is Monday, October 31 to Friday, November 4, 2011.

The master schedule will be available on UCanWeb beginning Monday, October 31. Schedule an appointment **EARLY** in the week with your advisor to schedule your classes.

Once you receive your registration code from your advisor, bring that code to your Academic Counselor (Brenda or Farren). We will keep a photocopy of the code so that if you misplace it before the start of Spring classes, you will be able to get a copy from us.

Make the most out of your pre-scheduling appointment by coming prepared with a copy of your completed pre-scheduling form, the College Catalog, which can be found at <http://www.canton.edu/catalog/catalog.pdf>, and any questions and/or concerns that you may have.

Copies of the pre-scheduling form are available from your Academic Counselor.

If you need help with the pre-scheduling process, such as preparing to meet with your Advisor and/or scheduling the days/times of the classes you have chosen with your Advisor, please see your Academic Counselor, Brenda or Farren.

		SECOND SEMESTER—JUNIOR AND SENIOR SCHEDULE									
		THIRD QUARTER Feb. 1 to April 5					FOURTH QUARTER April 7 to June 5				
		8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00
FIRST YEAR	BIOL	Math	Physics	Chemistry	English	History	Art	Physical Education	Health	Elective	Elective
	BIOL	Math	Physics	Chemistry	English	History	Art	Physical Education	Health	Elective	Elective
	BIOL	Math	Physics	Chemistry	English	History	Art	Physical Education	Health	Elective	Elective
	BIOL	Math	Physics	Chemistry	English	History	Art	Physical Education	Health	Elective	Elective
SECOND YEAR	BIOL	Math	Physics	Chemistry	English	History	Art	Physical Education	Health	Elective	Elective
	BIOL	Math	Physics	Chemistry	English	History	Art	Physical Education	Health	Elective	Elective
	BIOL	Math	Physics	Chemistry	English	History	Art	Physical Education	Health	Elective	Elective
	BIOL	Math	Physics	Chemistry	English	History	Art	Physical Education	Health	Elective	Elective

## Excellence is Always Rewarded

TRiO student Tamara Armstrong was recently awarded a Health Resources and Services Administration Scholarship for Nursing. She is one of only 425 students nationwide to receive this award, which pays for her tuition, books and even provides a monthly cash allowance.

"I was really surprised when I received it" said Tamara, "it was a lengthy process to apply for the scholarship, but it was well worth it in the end."

There are a number of powerful advantages to getting scholarships. If you are able to get a scholarship that covers your tuition, books, and primary living expenses,

you can focus on completing your degree without having to take out loans or get a job to pay for your classes. However, scholarships are not easy to get. Unlike student loans, scholarships are not heavily advertised.

Getting a good scholarship can be challenging, and even frustrating. However, as you can see from Tamara's example, the rewards of getting a scholarship are definitely worth the challenges.

Talk to your advisor or your Academic Counselor for more information on how to apply.



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## Important Semester Dates

10/31 to 4/11	Pre-scheduling for Spring 2012
11/14	Last Day to Withdraw Without Academic Penalty
11/21 to 11/27	Thanksgiving Recess - No Classes (Residence Halls Close at 5 p.m. on Friday November 18 and Reopen at 3 p.m. on Sunday, Nov 27)
12/5	Instruction Ends
12/6 to 12/10	Final Exam Week
12/10 (noon)	Residence Halls Close - Students are expected to vacate residence halls 24 hours after completing their last final exam.
12/14 (noon)	Final Grades available for Students online



## TRiO Student Support Services – What Is It?

### Who are we?

TRiO is a federally-funded grant program which provides enhanced academic assistance to eligible students.

The aim of the TRiO program is to retain its participants and have many continue toward a baccalaureate degree.

### Who is eligible?

Eligibility is based upon federal guidelines. Those who are first-generation college students, or who meet specific income and/or documented disability requirements, are eligible.

### What do they do?

TRiO provides a variety of support services, including intensive assistance in math, writing, study skills, time management and academic counseling. TRiO participants take a 15 week, 1 credit hour course (BASK 060: Freshman Seminar) which covers all of this in greater detail.

Go to [http://www.canton.edu/academic\\_support\\_services/trio.html](http://www.canton.edu/academic_support_services/trio.html) for more information

All returning students **must** complete a Semester Update form online at:  
[http://www.canton.edu/academic\\_support\\_services/update.html](http://www.canton.edu/academic_support_services/update.html)

Note: All services, resources and information within is applicable and available to current TRiO SSS participants only