Things to do over your Holiday break

Here are some suggestions for things to do while you’re on your holiday break.

Engage in family traditions. Maybe it’s baking your favorite cookies or candies, going to musicals, making homemade gifts, or spending time catching up and engaging with old friends.

Sleep! With the pressure of finals and late nights, your body may need to catch up on sleep.

Exercise. Catching up on sleep is crucial, but exercise is important too. It doesn’t have to include an intense class at the gym, but you can just walk your family dog. Don’t spend all your time just sitting around.

Organize. Think ahead and start preparing for your spring semester. Make time to do something that will help balance your time and prepare you to have a successful academic semester.

Polish your resume and cover letter. Take some extra time during your break to work on these important documents and add extra information since the last update.

Director’s Corner

It’s hard to believe we’re already near the end of the semester! It’s been a busy one for TRIO staff and students with several workshops, events and other activities on the calendar. As part of the Student Success Center, students have also been busy participating in our De-Stress Activities to help unwind before finals.

The TRIO advisors put a lot of time and energy into the activities, and appreciate the amazing participation from TRIO students. As we reflect over the last year, we feel blessed and privileged to serve such a wonderful group of students!

On behalf of myself and the TRIO staff, we want to wish all of you a very Merry Christmas and Happy New Year! Have a wonderful break and we look forward to seeing you back in January.

Brenda Nottestad

TRIO Staff: Maureen Moriarty, Brenda Nottestad, Kristi Wanner, and Ra’Shi Common wishing you a Merry Christmas and Happy New Year!
TRIO Student Spotlight

Congratulations to DeShawn Gay who received the Most Valuable Player Offense Award

Congratulations to Daniel Minor who received the Defensive Scout Player of the Year

Telling a story through quilting

TRIO students in Sister Nancy Gunderson’s ART 225 Quilting class exhibit their quilting works of art and explain the stories behind their pieces at the Monastery. The presentation was not only to exhibit their beautiful pieces, but to also practice their speaking skills. Left: Kaytlin Lawrence explains her quilt piece. Right: Sarah Rapp shares the story behind her quilt.

Phillip Springsteen Dude of the Dual

The 23rd ranked University of Mary wrestling team made school history with the Marauders biggest win since joining the NCAA and Northern Sun. Overcoming an early double-digit deficit, UMary rallied to upset 9th ranked Upper Iowa University 21-19. It is UMary’s first-ever win over traditional national power Upper Iowa. The University of Mary wrestling team and Phillip Springsteen posted another dominant win, but the Marauders hopes for a second straight upset fell just short. Hosting #19 Minnesota State University, the Marauders dropped a hard-fought 23-13 decision to the Mavericks. The Marauders wrestling team roster makes up of three TRIO students: Redshirt freshman Phillip Springsteen, redshirt sophomore Rudy Guillen, and true freshman Deven Altenburg-Lasher.
The Department of Music presented the 56th annual Christmas at Mary Concert Dec. 1 and 2.

Pictured second to the right is TRIO student Matthew Scott.

Above: TRIO students Elizabeth Serr, Miranda Delzer and Cory Dixon volunteering their time for the Salvation Army.

Above: TRIO student Nicole Miller ringing the bells.
Right: Advisors Kristi Wanner and Ra'Shi Common.

The Department of Music presented the 56th annual Christmas at Mary Concert Dec. 1 and 2. Pictured second to the right is TRIO student Matthew Scott.
On Dec. 1, a group of TRIO students guided by TRIO Advisor Kristi Wanner, traveled to Garrison, ND to attend the 22nd Dickens Village Festival. The event turns the small community of 1,500 into a quaint Victorian town from the era of Charles Dickens.

The students had a great time experiencing the wonderful food, a parade of lights, and caroling. The evening was capped by attending the live Charles Dickens play, “A Christmas Carol.”

We hope to make this an annual tradition, so if you weren’t able to come this year… watch for it next year!