TRIO Student Support Services
University of Mary
November 2017

UPCOMING EVENTS

DICKENS FESTIVAL
Dec. 1, leave at 3:30
The Dickens Festival turns the community of Garrison, ND into a quaint Victorian town from the era of Charles Dickens.

SALVATION ARMY
BELL RINGING
Dec. 6 & 8
10 a.m.-2 p.m., Kirkwood Mall
Join TRIO for some community service during the holiday season.

The Nutcracker Ballet
Dec. 8, 7:30 p.m.
Dec. 10, 2:30 p.m.
Belle Mehus City Auditorium

Etiquette Dinner with Career Services

Right: Students Carson Raatz, Alexis Swonger, Alliyah Ross, Natalia Cruz and Jean Cruz were among several TRIO students who attended the etiquette dinner Nov. 15.

Speaker Charles Repnow, expert on dinner etiquette, spoke to students about proper dinner techniques to prepare students for future interviews that may take place in a dinner setting. A delicious Salisbury steak dinner with all the trimmings was served.

Financial Jeopardy Workshop Held

A fun game night of Financial Jeopardy was held on November 9. Helpful information related to Financial Literacy was provided.

Attending a Financial Literacy workshop or participating in the online SALT Financial Literacy training is a requirement of the TRIO program.
Guillen named Northern Sun Intercollegiate Conference Wrestler of the Week

Rudy Guillen

TRIO student, Rudy Guillen has done a great job wrestling for the Marauders this season! Following a perfect week on the mat, including a win over the nation’s top-ranked grappler in his weight division, Rudy was named the Northern Sun Intercollegiate Conference (NSIC) Wrestler of the Week! Fresh off winning his weight class at the Jimmie Open on the first weekend of the season, Rudy kicked off last week with a win at Minot State to help the Marauders defeat the Beavers 21-15. The Duluth, GA, native claimed an 11-2 major decision over Tanner Crissler. Rudy used the midweek win to springboard to the 149 pound title at the Dakota Wesleyan Open.

After winning his opening match by technical fall, Rudy faced his biggest challenge of the young season. Paired against James Pleski of St. Cloud State University, ranked first in the country at 149 after placing fourth at the NCAA championships last spring, Rudy claimed a 3-1 win in sudden victory to advance to the semifinals. Rudy finished off his title run with a 7-2 decision over Brandon Aragon of Jamestown in the semifinals before edging SCSU’s Jake Barzowski 5-4 in the championship match. With five wins on the week, Guillen improves to 9-0 this season. On November 25th Rudy earned a #2 spot in his weight class on the NCAA Division II Top 25 poll!

Grand Knight for the Knights of Columbus UMary Council

Chris Riedman

GRAND KNIGHT FOR THE KNIGHTS OF COLUMBUS UMARY COUNCIL

TRIO student Chris Riedman is the Grand Knight for the Knights of Columbus University of Mary Council where the group was recently recognized for admirable accomplishments and service, receiving the Outstanding College Council Award from the National Knights of Columbus College Councils Program. The organization’s mission is to promote the moral, intellectual and spiritual development of the future leaders of civil society, the Order and the Church through witness to the Gospel and dedication to principles of charity, unity, fraternity and patriotism.

The Knights of Columbus focuses on the founding values of charity, unity and fraternity. “Our Council hasn’t ever set out to receive awards or accolades, we simply respond to the needs of our university and greater community,” said Chris, a junior double majoring in philosophy and Catholic Studies. We are so honored and humbled to have been recognized in such a tremendous way and I am so grateful to our Knights for responding with enthusiasm to the needs of others. We see the importance of building service and community through outreach.”

Chris also represents UMary Student Government as an At-Large Representative.
In collaboration with the University of Mary Admissions Department event, TRIO students, Nicole Miller, Isaiah Hubbard and Tessa Wickstrom, along with former TRIO advisor and professor Dr. Carole Barrett, participated as members of a Student Panel Nov. 17.

In attendance were students from the area high schools enrolled in the AVID program. AVID is a rigorous and intensive college-prep class offered in grades 9-12 that prepares students to be ready for college, focusing on academics, leadership skills and building college/career knowledge. AVID is for students who have the desire to go to college and the willingness to work hard.

The AVID course is intended for students who could benefit from extra support to succeed in their desired path after high school.

The TRIO students shared their experiences as new freshmen and beyond at the University as well as advice for preparing and succeeding in college. AVID students then asked questions for the panelist members.

### Final Exam Schedule

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<th>End Time</th>
<th>Course Group</th>
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<td><strong>Friday,</strong> 12/15/17</td>
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<td>MWF - 8 am courses</td>
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FAFSA is Open! FAFSA Process Checklist

1. Gather 2016 tax documentation (including filed returns and W-2’s for you and parents).
2. Sign up for or find your FSA ID username and password information. Need to reset a FSA ID? fsaid.ed.gov
3. Complete the FAFSA https://fafsa.ed.gov/ between Oct 1 and Feb 1 (priority date for consideration for all need-based aid programs).
4. Watch for emails from the U of Mary Financial aid office notifying you of the status of your application and for any requests for more information. Check your Financial Aid status on your myumary.edu account regularly.
5. Accept your financial aid online on your myumary.edu Financial Aid Award Letter page.

The Federal Student Aid Information Center (FSAIC) operates a toll-free hotline to provide comprehensive assistance on:

- General information about federal student aid (Title IV programs)
- FAFSA applications
- FAFSA corrections
- Student loan history

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Top 10 Study Tips for Finals

1. Skim: You may be tempted to open up your chemistry book and read every word of chapters 1-55. Don’t! Instead, focus on chapter headings, footnotes, the course syllabus, study questions, and chapter reviews.
2. Don’t cram: On this same note, don’t wait until the night before your exam to begin studying for it. Set aside study time, review notes from class, and plan early will help you feel prepared.
3. Attend review sessions and study groups.
4. Enjoy the silence: If you aren’t attending a study session, find a quiet place where you can stay focused and uninterrupted.
5. Disconnect: Facebook, Pinterest, Twitter, and email are all unnecessary distractions, so while studying, disconnect for an hour or so.
6. Figure out what will be on the exam: No, this doesn’t require any mind reading abilities, but it does require you to listen and pay close attention to your professor.
7. Meet with your professor: Stop by office hours to discuss difficult concepts, ask questions about lectures.
8. Stay healthy: During midterms, it’s easy to overindulge on junk food or up your caffeine intake; don’t do this! Schedule time for healthy meals and regular exercise.
9. Take breaks: Take short breaks every hour or so, even if only for 10 minutes.
10. Relaxation, preparation, and time management: It’s finally here! Finals! Don’t let all of your hard work go to waste. Instead, check out CollegeAtlas’ post titled “Test Taking Strategies for College Midterms and Finals” to help ensure that you go into your midterm stress free and ready to ace that exam!