Celebrate the 50th Anniversary of the TRIO/SSS Program

Friday, Feb. 23

Stop by the Student Success Center to enjoy a delicious cupcake!

This year marks the 50th Anniversary of the Student Support Services program which has guided millions of students and families through the college preparation and application process. Student Support Services was established in the 1968 reauthorization of the Higher Education Act, which established President Lyndon B. Johnson’s goal of seeing that “no American talent is wasted.”
The first Battle of the Barrel traveling trophy brought out the best in both the University of Mary and Minot State University. In front of a raucous crowd, the Ma-rauders edged the Beavers 16-15 in a match that came down to the closing seconds.

TRIO student Rudy Guillen, ranked 8th nationally at 149, claimed a 7-1 decision over Tanner Crissler to regain the lead for UMary at 13-12. Trailing by two team points, TRIO student Phillip Springsteen edged Carlos Toledano 10-8. Ranked 11th in the country at 165, Springsteen recaptured a lead late in the match and held off a final charge in the closing seconds to give the Mauraders the victory and the Barrel trophy.

The Marauders set a team record with their fourth Northern Sun win of the sea-son.

Sophomore point guard Jaylan White has been an impactful player for the Marauders basketball team this year. White currently leads the team in assists per game (3.9), as well as steals (25) on the season.

The Physical Education and Coaching and Sport Studies major finds his inspiration from fellow basketball player, who is in the NBA, Isaiah Thomas. White says he looks up to Thomas, because they both are looked down upon for being “small” or undersized if you will, in the world of basketball.

White plans on graduating in 2020 and hopes to play professional basketball once finished with school at UMary.

TRIO student, Maria Bolibruch, registered one of the top performances of the day for the UMary women’s track & field team as she posted a national qualifying mark at the North Dakota State University Dakota Class in Fargo, ND.

Tanesha Davis ran third best in the 60-meter dash at 7.77 seconds. She finished behind a pair of runners from NCAA Division 1 NDUS.

It will be exciting to watch what these women accomplish throughout the spring track & field season.
Motivation Validation: Who and what are you here for?

Why are you in school, anyway? Why you’re doing whatever it is, is a question to ask yourself at certain points in life. If your choices don’t seem to be working for you—the assignment, the major, the college experience—does that mean your choices were wrong? Or could you think differently about your choices in ways that make them work?

A key part of this is about understanding why you’re here. Maybe you’re in school to broaden your thinking, build knowledge and skills, and land a good job. That’s an example of internal motivation. Or maybe your primary reason for being here is your parents, who are banking on you becoming a doctor or lawyer, or your community, which is looking to you to set an example to others. That’s external motivation—and those reasons are not necessarily bad, but they may not excite you or get you through the rough patches.

Internal locus of control (ILC) is the power to determine your own life. ILC is associated with greater self-motivation, academic achievement, and reduced stress, research indicates. College staff and faculty see how this plays out.

“When students don’t feel they have much control, they tend to become a bit more hopeless,” says Dr. Keith Anderson, a staff psychologist at Rensselaer Polytechnic Institute in New York. “They think, ‘If my effort doesn’t make much difference, there is no point in even trying.’ This type of thinking often results in procrastination or avoidance. Having some self-efficacy [belief in one’s ability to succeed] often results in better academic achievement.”

Four Ways to Strengthen ILC
1) Review the consequences of your past actions. Examine the good and bad consequences of your decisions. “This kind of review provides some evidence of your ability to act on your decisions,” says Dr. Anderson.

2) Look for missed opportunities. “Consider what options you might have missed, as a result, led you to feel that you had no control in past situations, when in fact you had some,” says Dr. Anderson.

3) Focus on what you can control. We can’t control certain things—such as other people’s prejudice, the weather, or the academic calendar. We can control the amount of effort we put into studying, research, our relationships with faculty and friends, or our work.

4) Determine realistic steps toward your goals. Developing the habit of reviewing our actions helps remind us that we’re able to influence what happens in our lives.

Valentine’s Love & Lattes Workshop

Tuesday, Feb. 27
11 am-12 pm & 3-4 pm

Valentine’s Love & Lattes Workshop

Love was in the air at the TRIO Love and Lattes Workshop. Trio advisor Kristi Wanner and her husband Keven Wanner shared about their experience of serving one another in marriage and in raising a family. The chocolate fountain and food were a big hit. A great way to get ready for Valentine’s Day!

Keven and Kristi Wanner

Scholarship Information

Tuesday, Feb. 27
11 am-12 pm & 3-4 pm

Lumen Vitae Student Involvement Conference Room

Join us to learn about scholarships available as well as how to navigate on the SALT website. Please bring a laptop to this workshop if possible.