Dean’s List Honors for Fall ‘17 Semester

TRIO students rock! We are proud to announce the many TRIO students who made the Dean’s List for the fall 17 semester. To be eligible for the Dean’s list, a student must have a 3.5 term GPA. Here is a list of the students who received this prestigious honor:


Congratulations! Keep up the good work!

Upcoming February TRIO Workshops

Love & Lattes
Feb. 13, 3:00-4:00 p.m.
Lumen Vitae Student Involvement Conference Room
Come discuss relationships of all kinds, in a comfortable environment with treats! Guest speakers include our own TRIO advisor, Kristi Wanner and her husband, Keven Wanner.

Scholarship Information
Feb. 27, 11-12 p.m. & 3-4 p.m.
Lumen Vitae Student Involvement Conf. Rm.
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.

Congratulations to the 2017 Fall SSS/TRIO December Graduates

Matthew Alvarado
Major: College Studies
Minor: Business
Abigail Smith
Majors: Early Childhood Education, Special Education, Elementary Education

DIRECTOR’S CORNER

It’s been fun to see students bustling in the hallways again!

TRIO was busy this fall with many workshops and events. Various students participated in the United Tribes PowWow, TRIO Carnival, the Kickoff event with special speaker Berg Gervais, Halloween Time Management, the Etiquette Dinner, Financial Jeopardy, the Dickens Festival, Salvation Army Bell Ringing and the Nutcracker Ballet. Whew! It was an eventful TRIO semester!

We are excited that many of you submitted Supplemental Grant applications and essays. We should soon have award information for those recipients as well as students who qualified for the Book and Merit Awards. Watch your emails for more information.

—Brenda Nottestad
Why are you in school, anyway? This 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?

The sense of how much you can influence your own life is called locus of control. Understanding this concept can help you develop self-awareness and motivation. People with an internal locus of control (ILC) believe they have the power to control their own lives. ILC is associated with greater self-motivation, academic achievement, and reduced stress.

Try these four approaches to strengthen your ILC:

1. **Review the consequences of your past choices.** Examine both the good and bad consequences of your decisions.
2. **Look for missed opportunities.** Consider what options you might have missed that may have led you to feel you had no control in past situations.
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. But 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.

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**Motivation validation: Why and what are you here for?**

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What do you mean I have a hold?

By Kristi Wanner

Have you ever been confused before about the different holds on your account and what they mean? We wanted to help you break down the mystery and figure out who you need to talk to get them removed. Regardless of what type of hold you have on your account, you will not be able to register for classes until it is removed. So, make sure you take care of any holds on your account as soon as you can.

**Student Account Hold**
What it means: The balance on your account is not paid off.
Who do you contact to get it removed?
You contact the Student Accounts Office at 701-355-8082.

**Disciplinary Hold**
What it means: There are issues that need to be taken care of because of a student conduct violation.
Who do you contact to get it removed? You contact the Student Development Office to set up a meeting. The number is 701-355-8265.

**Athletic Hold**
What it means: This hold exists when athletes need to obtain a signature in order to drop a class.
Who do you contact to get it removed? You contact Travis in the Student Success Center at 701-355-8078.

**Campus Housing Hold**
What it means: There are issues revolving around your housing agreement that need to be taken care of.
Who do you contact to get it removed? You contact the Student Development Office at 701-355-8265.

A fun night of pizza and games, Jan. 18
Online Tutoring Available for TRIO Students

On-demand tutoring lets you connect with a tutor in less than 30 seconds, 24/7. Tutoring features a virtual whiteboard, text editor, audio/visual chat, screensharing and so much more. Just follow these easy steps:

Step 1. Visit http://tutorme.com/p/marytrio

Step 2. Click “Sign Up”

Step 3. Click “Continue with Email”

Sign Up

Step 4. Sign up using your umary.edu email address.

Step 5. Use the search bar on the home page to select the subject you need help in.

Step 6. Type a brief description of your problem and upload any relevant files.

Step 7. When you are matched with a tutor you will be placed in the waiting room. Take some time to chat with your tutor to make sure they understand your problem and can help!

Step 8. When you are ready to begin working with your tutor, press “Enter Lesson”!

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**Midterms will be here before you know it!**

**Academic Calendar**

- **Fall Incompletes due**: Feb 9
- **President’s Day, no school**: Feb 19
- **Spring Break**: Mar 8-11
- **Midterm Ends**: Mar 9
- **Online Registration for Summer & Fall term**: Mar 19
- **Last day to Drop with W For Spring Semester**: Mar 16
- **Easter Vacation**: Mar 29-Apr 2
- **Last Day to Drop with WP/WF For Spring Semester**: Apr 13
- **Last Day of Spring Semester Classes**: Apr 17
- **Finals**: Apr 23-26
- **Commencement**: Apr 28