

# February

# TRIO 2021

STUDENT SUPPORT SERVICES

## Newsletter

## National TRIO Day Celebration

Feb. 25, 2021





# March For Life 2021



## All You Need Is Love Workshop

On Feb. 12, TRIO advisor, Kristi Wanner, presented on the love languages. A good time was had by all at the "All You Need is Love" event. We ate, laughed, and discussed how to improve communication in our relationships. Those in attendance received a copy of the *5 Love Languages*. The five love languages are: acts of service, words of affirmation, physical touch, quality time, and gift giving. Which do you think is your love language?





# TRIO Student Athlete Updates



**Kasidy Chileen**

The University of Mary softball team started off their 2021 season against MSU. Senior TRIO student Kasidy Chileen was 2-3 with one run scored for the Marauders. TRIO student Alissa Alvarado went 1-1 with two RBI's.



**Gracie Zottnick**

The UMary 800-yard free relay swim team of Gracie Zottnick, Mady Scherwinski, Sarah Dudley and Rylie Webb placed 12th with a time of 8:16.80, at the 2020-21 NSIC Swimming and Diving Championships in West Fargo.



**Heidi Jacobson**

The University of Mary tennis team edged out Bemidji State University 4-3 in a close contest that saw Heidi Jacobson clinch a Marauders victory in the final match of the day. UMary improves to 2-0 after sweeping a pair of matches on the opening weekend of the season.

## Student Spotlight: Marquell Evans

**Hometown:** Las Vegas, Nevada

**Major/Minor:** Sports & Leisure Management

**Why did you choose this major?**

I love playing sports and I see myself in a career where I can make great money involved with something I love. I also want to own my own business one day, which is currently in the works.

**You have been a student athlete your entire time at UMary. Any advice for other students on how to balance being an athlete and a full time student?**

Yes, and it's not easy but very manageable. My best advice would be work on having really good time management skills. When it comes to school work, just have the mindset that the faster you get things done, the faster you can get it over with but with care.

**What resources have contributed to your success as a student and athlete?**

My success came from the help from my coaches, professors, teammates, other students and most importantly the TRIO program.

**What has it been like playing football this year with the restrictions of COVID 19?**

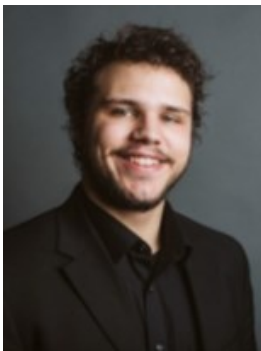
It was difficult at first, but I just had to get the mindset of this is an opportunity to take advantage of and become an even better player. I also was pretty happy to find out that we will get to have some type of competition with joint practices, towards the end of this semester.



**Marquell Evans**



# Jazz Fest 2021



Nicholas Mortenson

We want to congratulate all of the TRIO students who participated and made this year's virtual Jazz Festival a beautiful event.

We particularly want to congratulate TRIO senior Music Education major, Nicholas Mortenson, for all his years of participation in this great event.

## REMINDER!

Early Fall '21 advising begins March 8. As a TRIO student, you get to register a week before other UMary students. Set up a meeting with your faculty advisor and then meet with your TRIO advisor to get registered for classes on time! It is best to have a plan of what classes you will need in the fall before meeting with your TRIO advisor.

### FALL ADVISING & REGISTRATION IS COMING SOON!

WHEN DO I REGISTER FOR CLASSES?

HOW DO I CHANGE MY MAJOR?

## POP-UP ADVISING

**MONDAY, MARCH 1**  
11:00am – 2:30pm, LVUC Atrium

**HAVE A QUICK QUESTION ABOUT FALL REGISTRATION?**  
Stop by to talk to an academic advisor!

**NEED MORE THAN 5 MINUTES?**  
Visit [umary.edu/ssc](http://umary.edu/ssc) to schedule an in-person or virtual appointment.



**STUDENT SUCCESS CENTER**  
UNIVERSITY OF MARY

WHERE CAN I FIND A LIST OF CLASSES I NEED TO TAKE?

## Upcoming TRIO Events

### Let's Get Personal

**Mar. 10, 3:00-3:45pm**

**Lumen Vitae Conference Room A**

Writing a strong and captivating personal statement can make the difference between being accepted into a graduate program or not. UMary Communication professor Dr. Nita Ritzke will provide tips for writing personal statements that will get you noticed.

### Etiquette Dinner

**Mar. 23, 5:30-7:30pm**

**Chick's Place**

Learn proper etiquette for your next important dining experience and enjoy a free meal! Please RSVP with your TRIO advisor. Seats are limited.

### Financial Literacy Jeopardy

**Mar. 29 or 30, 3:00-3:45pm**

**Welder 144**

Learn, engage and have fun playing Financial Literacy Jeopardy. Test your knowledge on a personal finance related topics in game-like fashion, but be sure to give your answers in the form of a question.

Limited seating available.

Preference to Juniors and Seniors



**EAT LIKE YOUR FUTURE DEPENDS ON IT**

**MARCH 23, 2021 • 5:30 PM – 7:30 PM**

**CHICK'S PLACE**

*(Seating is limited to first 40 students)*

Learn table manners for all occasions and how to win at interview meals.

#### —MENU—

Soup, Chicken Cordon Bleu, Green Beans, Mashed Potatoes, and Dessert.



**UNIVERSITY of MARY** | for Life.

RSVP by March 15 or for more information, contact Kevin Allan 255-8050 or [kallan@umary.edu](mailto:kallan@umary.edu). Registration is also available in Handshake. Please note any dietary needs on your RSVP.

Sponsored by Career Services and TRIO programs