

## FRIENDSGIVING BINGO CELEBRATION

On Monday, Nov. 22, TRIO students gathered to celebrate Thanksgiving. Students enjoyed pie, hot chocolate, and friendship. The advisors led Thanksgiving bingo and trivia!

### 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.

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



# FIRST GENERATION CELEBRATION

On November 8, TRIO celebrated all the faculty and staff who are first generation college students. Students were invited to have breakfast with TRIO staff members in Lower Welder Library. A first generation student is defined as someone whose parents have not received a Bachelor's Degree.



## Important Dates to Remember



- \* Dec. 16-21 Finals Week
- \* Christmas Break –begins after your last final
- \* Jan. 9 Residence Halls Open
- \* Jan. 10 Online Classes begin
- \* Jan. 12 Classes Begin on Main Campus
- \* Jan. 25 Last day to add/drop



# TRIO MARAUDER ATHLETICS



Natalia Cruz, volleyball, with Kristi at Staff Appreciation Volleyball Game



Robert White, Cross Country athlete, was 1 of 6 selected to go to Joplin, Missouri to compete.



## STUDENT HIGHLIGHT



Hailee Godfrey and Rebekah Baker both preformed with the Performance Dance Troupe on Saturday, Dec. 11. The group choreographed and performed over five dances all together.

## NSIC FALL 2021 ALL-ACADEMIC TEAM

Reegin Kehn, earned NSIC All-Academic team of excellence. In order to receive this honor the student must have a 3.60 GPA or higher.

Ty'Rese Gibson and Natalia Cruz earned All-Academic team. In order to receive this honor the student must have a 3.2 GPA or higher.

## MAINTAINING MENTAL WELLNESS



Alison Traynor

Alison Traynor, LMSW, MSW and founder of the North Dakota Suicide Prevention Coalition, came on December 7th and 9th to present and discuss mental health with TRIO students. Alison provided education on suicide prevention and mental health management. Alison guided TRIO students on creating a strengths-based safety plan.

The steps to the safety plan include: 1) Identification of personal strengths, 2) Identifying triggers, 3) Recognizing positive coping skills, 4) Identifying a safe place, 5) Identifying supportive individuals, 6) Listing people who can help in crisis, 7) Techniques for creating a safe environment, and 8) Identifying things worth living for.

**Resources for if you or a friend are experiencing a mental health crisis:**

**Local Crisis Line: 2-1-1**  
**National Suicide Prevention Hotline:**  
**1-800-273-8255**

# SALVATION ARMY BELL RINGING

On December 1, eight TRIO students volunteered to ring the Salvation Army bells outside of Scheels. The volunteers were Olivia Burmeister, Donna Copple, Alana Jude, Kayla Kitzmann, Teddy Lillico, Layla Sandahl, Abigail Serbus, and Anthony Velazquez.



## Advisor's Christmas Wish List

Brenda: "A year without COVID!"

Kristi: "A happy and healthy upcoming year for our UMary TRIO family."

Mary: "One million dollars."

Steph: "Peace on Earth... And maybe a pair of Birkenstocks."



## CHRISTMAS AT MARY 2021



On December 3, 4, and 5, UMary held their 60th annual Christmas At Mary concert. Many TRIO students shared their musical talents to spread Christmas cheer. This year's concert was in memory of Sister Thomas Welder.

**TRIO Student Musicians:** Monica Bute, John Cornwell, Katie David, Ariella Fogel, Meghan Koezly, Abigail Lynch, Nicholas Mortenson, Isaiah Maertens.

## January 2022 TRIO Workshops

**Tuesday, Jan. 18—Financial Literacy**  
4:00-4:30 pm or 4:45-5:15 pm  
Welder 144

Professor Todd Van Orman will provide tips on credit cards, debt, and how to manage your finances. Enjoy pizza which will be provided between sessions.

**Monday, Jan. 24—Self Defense**  
7:00-8:30 pm  
Fieldhouse

TRIO is partnering with Campus Safety and Security and the North Dakota Safety Council to provide a self-defense presentation and demonstration, with hands on skills and instruction. Limited spots, RSVP with your TRIO advisor!