

# TRiO S<sup>3</sup>

## Student Support Services

2710 Crimson Way Richland, WA 99354

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### TRiO Student Support Services

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## It's Summer !!!!!

So Why Am I Sending You a Newsletter?

That is a great question –

We had an amazing Spring Semester we need to brag about and we've got some EXCITING, NEW things coming up in the fall that we couldn't wait to share with you. We know you're going to want to get them on your calendar and start encouraging your fellow students to join TRiO S<sup>3</sup> asap!

## Spring RECAP –

Cultural Enrichment Trip to Portland – walking tour, open air market.



Develop - Empower - Achieve

Sternwheeler Dinner and Boat Tour – geography of the Columbia River, PNW foods and financial literacy.

**Inspirational quotes  
we thought you may  
enjoy.....**

*"The Struggle you're  
in today is  
developing the  
strength you will  
need for tomorrow."*

*"Doubt kills  
more dreams  
than failure ever  
will"*

*"Good Things are  
coming down the  
road. Just don't  
stop walking."*



Tillicum Village Salmon Bake – Native American storytelling, dances and PNW foods.



End of Year Celebration – Congrats Graduates!



Graduate school visits we went on this spring were to Heritage University, Pacific Northwest University of Health Sciences, and Central Washington University. For Physician's Assistant, Doctor of Osteopathic Medicine, Psychology and Law Programs.

# **TRiO Student Action and Advisory Board (SAAB) needs you!**

This student group was organized this past spring and is looking for student leadership and student members to join in on the fun!

## **What is SAAB?**

It is a board, made up of TRiO students that are interested in contributing to the success of the TRiO program and its students.

## **How Do They Contribute?**

There are Board positions that students can fill to lead certain initiatives – decided upon by the board, as well as member positions for students who don't necessarily want to lead, but do want to help come up with ideas, and volunteer to help.

## **Who Can be on SAAB?**

To be in a leadership position you must have been in TRiO for at least a year and be in good academic standing. To be a member, you just need to be a TRiO student.

## **Here are the current Board positions:**

Co-Chair: Vacant

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Outreach Chair: Demi Galindo

Fundraising Chair: Vacant

Event/Program Chair: Breanna Lopez

Meetings last year were held every 2 weeks. The Retention Specialist is the Advisor for the group.

## **Things the group has organized for this fall is:**

- Leading the activity at lunch during the Freshman Orientation in August.
- Helping be group leaders for the orientation for Freshmen in August
- Helping to Table at week of welcome events
- Helping to promote the program in classrooms

All SAAB student leaders will have the opportunity to attend the TRiO Student Leadership Conference in Olympia, WA in March 2016. It is a FREE overnight trip and a great leadership experience. Ask last year's leaders for more information. Jennifer Berry-Burkhart, Demi,

## **UPCOMING Fall EVENTS!**

- **6 week Workshop on Emotional Intelligence** (done by Aphrodite Beidler and Keri Lobdell) – these can be done as standalone workshops, but would be best if done in the series. Will include 2 different meditation workshops (1 just before dead week and finals!) (these workshops are open to any student – so feel free to invite a friend)
  - First sessions are 9/10- 9/29 on Tuesdays at 10am in East 205.
  - Second sessions are 11/3- 12/1 on Tuesdays at 10am in East 205.
- **Fall Graduate School visits:**
  - Walla Walla University – MS in social work or counseling psychology (afternoon trip on the Oct. 12<sup>th</sup>)
  - EWU – Occupational Therapy, Public Health Administration, Physical Therapy, Counseling, Urban Regional Planning. (TBD)
- **Workshop in December: How To Get Your Benjamins** - writing for scholarships (done by Dr. Beretta and Keri Lobdell). (this workshop is open to any student – so feel free to invite a friend)
- **Meet N Greet** with students, staff and faculty (TBD - Sept. 9th)
- **Pumpkin Contest** in October (organized and run by SAAB)

**Develop - Empower - Achieve**