

TRiO Student Support Services: Spring 2021 Schedule

TRiO on Your Time!

TRiO on Your Time!		Date & Time	Location
ON-LINE Modules - See Trio Website		Anytime on-line	Talk to TRiO Advisor
Strengths Top 5 –Don't have your strengths? Email your TRiO advisor for a StrengthsFinder code and take the assessment.		Anytime on-line	Talk to TRiO Advisor
Strengths Coaching – Schedule a Strengths Coaching session with your TRiO Advisor that is separate from your regular semester individual plan meetings.		Schedule with your TRiO Advisor	Talk to TRiO Advisor
TRiO Tutoring Hours For details: cmulcahe@mansfield.edu	Tutoring: Sci, Math, Psych/SWK and Writing Study Table: Sign IN & OUT Earn up to 5 hours (total, combined) each semester when you either meet with TRiO tutors (via Zoom this semester) or attend Study Tables.	Schedule individually with Tutor	Zoom with Tutors
TRiO Study Table – Up to 1.5 hrs/week		Mon – Thurs 10:00am – 4:00pm	TRiO, Memorial Hall Sign IN & OUT at front desk
“Dump Your Stress” Weekly Drop-Ins with Shadoe	This is a safe space to express how you are feeling this week. All feelings accepted; good & bad!	TBA	Grad Intern Shadoe Sellers Zoom ID 931 3163 5486

Workshops & Activities: Spring 2021

Workshops (yellow) & Activities (blue)	Date & Time	Presenter & Location
The Art of Public Speaking - Get over your fear of speaking in front of groups.	TBA	Grad Intern Shadoe Sellers Zoom ID 931 3163 5486
Stay FOCUSED on Your Goals! What would you like to achieve this semester? These simple strategies will help you stay on track.	2/09/21, Tues 5:00 – 6:00 pm	Catherine Mulcahey Zoom ID: 975 5768 3973
Yoga – No comparisons; do it your way! Experienced Yogi, Kathleen Thompson, gives individualized instructions. Revive, relax, and calm your mind. Stress reduction guaranteed!	2/16/21, Tues 5:00 – 6:00 pm	Kathleen Thompson (w/ Catherine) Zoom ID: 841 3925 8111
Black History Facts – Join us for a fun trivia workshop and learn more about black history.	TBA	Grad Intern Shadoe Sellers Zoom ID 931 3163 5486
Pride & Prejudice - Enhance your awareness of stereotypes and learn how to respond to microaggressions.	TBA	Mady Steinbrunner & Kim Lamar Shelton Zoom ID:
MU Library Trivia Game – The plan is to have fun! “Guess the song,” test your popular culture knowledge, and compare your campus and library research knowledge to your fellow students.	2/18/21, Thurs 11:30am – 12:15pm	Librarian Holly Jackson (w/ Catherine) Zoom ID TBA
FAFSA Renewal and Student Scholarships - Discuss how and when to apply for FAFSA. We will also learn about scholarships and other financial aid options. *FRESHMAN REQUIRED	2/23/21, Tues 11:30am – 12:15pm	Denise Davey (w/ Kim) Zoom ID: 998 2991 6475
28 Day SP '21 Wellness Challenge Kick Off: “Essential Elements of Wellness” - It's all about you! Create your own wellness goal for the next 28 days. Enjoy group support and wellness information.	2/23/21, Tues 5:00 – 6:00 pm	Catherine Mulcahey Zoom ID: 944 2308 6523 (Join Challenge GroupMe)
Discovering Your True Colors - Are you an Orange, Gold, Green or Blue? Discovering your True Colors can help you to identify your personality and the personalities of others!	03/03/21, Wed 3:30 - 4:30 pm	Kim Lamar Shelton Memorial 210
14 Day Check in SP '21 Wellness Challenge: “Eat, Sleep and Move” - It's not about being perfect. Do you need to modify your wellness goal? Join for encouragement and ideas. New members welcome to create 14-day wellness challenge goal(s.)	3/9/21, Tues 5:00 – 6:00 pm	Catherine Mulcahey Zoom ID: 944 2308 6523 (Join Challenge GroupMe)

Sew your Own COVID Mask - Enjoy community spirit as you choose a material, cut the pattern, and sew up your new mask. Limited seating. *MUST RSVP	TBA	Ky'le Cole and Catherine 205 Memorial Hall
Yoga – No comparisons; do it your way! Experienced Yogi, Kathleen Thompson, gives individualized instructions. Revive, relax, and calm your mind. Stress reduction guaranteed!	3/16/21, Tues 5:00 – 6:00 pm	Kathleen Thompson (w/ Catherine) Zoom ID: 841 3925 8111
Financial Literacy - Learn about credit and budgeting from the always entertaining Dave Sikorski and Lisa Kennedy of PSECU. *SENIOR REQUIRED	3/18/21, Thurs 11:30am – 12:15pm	Dave Sikorski (w/ Cath) Zoom ID: 979 0922 2027
Wellness Progress! 14-Day & 28-Day SP '21 Challenge Finale: "Mindfulness" - Did you accomplish your wellness goal? Celebrate your successes and create new wellness goals for the remainder of the semester. New members welcome to create new wellness goal(s.)	3/23/21, Tues 5:00 – 6:00 pm	Catherine Mulcahey Zoom ID: 944 2308 6523
Live the Good Life – Discover how paying attention to the balance in your life can help you feel better and find more happiness.	TBA	KaDee Jay Zoom ID TBA
From Actor to Ally - Join Austin Boroch of the Pride Center to discuss enhancing LGBTQ+ allyship on campus. What does it mean to be an ally and what are the available resources for our LGBTQ+ community?	4/6/21, Tues 11:30am – 12:15pm	Austin Boroch (Pride Center) Zoom ID:
Yoga – No comparisons; do it your way! Experienced Yogi, Kathleen Thompson, gives individualized instructions. Revive, relax, and calm your mind. Stress reduction guaranteed!	4/13/21, Tues 5:00 – 6:00 pm	Kathleen Thompson (w/ Catherine) Zoom ID: 898 0297 3093
Senior Recognition & Professional Development with Nichole Lefelhoc – Learn career networking skills and enjoy TRiO's senior awards ceremony. <i>Invitation only.</i> *SENIOR REQUIRED	4/15/21, Thurs 5:00 – 6:30 pm	Nichole Lefelhoc & TRiO Staff Zoom ID: 952 7444 7129
Financial Aid Repayment - Learn about the best ways for repayment of Financial Aid. *SENIOR REQUIRED	4/27/21, Tues 11:30am – 12:15pm	Denise Davey (w/ Kim) Zoom ID: 948 2792 9738
Self-Care with Shadoe – What can you do to create balance and wellness in your life?	5/06/21, Thurs Time TBA	Grad Intern Shadoe Sellers Zoom ID 931 3163 5486

Final Exams: Mon – Thurs, May 10th through May 13th
Do you know your exam schedule?