


TRiO Student Support Services: Fall 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 advisor for a StrengthsFinder code and take the assessment!			
Strengths Coaching – Schedule a Strengths Coaching session with your TRiO Advisor that is separate from your regular TRiO advising meeting.		Schedule with advisor	TRiO Advisor Office or Zoom
Peer Mentor Meetings	FR & SO Required for TRiO Scholarship	Schedule with Peer Mentor	With a TRiO Peer Mentor
TRiO Tutoring Hours	Earn up to 5 hours each semester when you either meet with TRiO tutors or sign up for TRiO Study Table, or a combination of both.	Schedule with tutor	Memorial Hall TRiO Tutors
TRiO Study Table – Up to 1.5 hrs/week		During TRiO Office Hours	Memorial Hall
Weekly Peer Mentor Drop-In Zoom	Check in with a peer mentor each week in an informal Zoom meeting where you can meet online to talk about how you are doing and feel heard and supported. Zoom link will be emailed out each week. 😊	Tues, 1 -2 pm on 8/31, 9/7, 9/21, 9/28, 10/12, 10/19, 11/2, and 11/9	Wed, 3-4 pm on 9/15, 10/6, 10/27, and 11/17

Workshops & Activities

Workshops (green) & Activities (white)	Date & Time	Location
Chat & Chew: Eat with TRiO students and staff in Upper Manser. You know you want to... MUST RSVP IF YOU NEED A MEAL TICKET	8/26/21, Thurs 11:30am-1 pm	Upper Manser TRiO Staff
Meet Your TRiO Tutors Zoom Session: How can TRiO tutors help you? Please welcome our two new tutors, Grace and Cierra. Meet Sarah (writing,) Grace (science,) Cierra (math,) and Carissa (psych and SWK.)	8/26/21, Thurs 6:00 - 7:00 pm	Zoom w/Catherine & TRiO Tutors https://mansfield.zoom.us/j/97650344723
DIY -Making Lip Balm Come learn to make your own scented and flavored lip balms! MUST RSVP	8/31/21, Tues 4:00-5:00 PM	Kim Lamar Shelton Memorial 205
Study Series 1 - Time Management & Organization Skills - Learn some tips, apps, and strategies to help you stay on track.	9/02/21 Thurs 11:30 - 12:15 PM	Catherine Mulcahey Memorial 210
DIY Canvas Painting - With Peer Mentor Marriah. Come relax and paint some rocks for your room or to put around campus!	9/7/21, Tues 11:30 - 12:30 pm	Peer Mentor Marriah Memorial 210
Study Series 2 - Notetaking from Lectures - Find out the best tips and tricks to get down the information you need from your classes.	9/09/21 Thurs 11:30 - 12:15 PM	KaDee Jay Memorial 210
Study Series 3 - Studying for Closed Book Tests - Find out the best ways to move information from short term to long term memory for in-class testing and set up a study plan.	9/14/21 Tuesday 11:30 - 12:15 PM	KaDee Jay Memorial 210
Professional Development & Leadership Symposium & Dinner- Get your leadership on and learn what professionalism looks like. MUST RSVP; All are Welcome, but SR REQUIRED	9/16/21, Thurs 4:00 - 6:30 PM Dinner 5:00 PM	Nichole Lefelhoc & Kim Lamar Shelton Memorial Hall 211
GRE Prep - Come learn about the timing for GRE's, the basics of what the GRE exam entails, and test taking strategies. SR REQUIRED	9/21/21, Tues 3:00 - 4:00 PM	KaDee Jay Memorial 210
Get it Write! Writing workshop with TRiO's Writing Tutor, Sarah. Learn how to get started on your next writing assignment or research paper. Have no fear, Sarah is here to help!	9/27/21, Monday 3:00 - 4:00 pm	Sarah & Catherine Mem 205
Personal Safety - Discuss with a local officer and TRiO Advisor physical boundaries for yourself, how to set limits with others, and what to do in the case of unwanted contact.	9/28/21, Tues 3:00 - 4:00 pm	Police Officer Jay and KaDee Jay Memorial 210

Investing in Your Future: What's all this about Stocks & Bonds? - Learn about the difference between stocks and bonds, as well as how and when to get started growing your own financial nest egg.	9/29/21, Wed 4:00 – 5:00 pm	Prof Xiaoxuan (Shelly) Ji Memorial 210
Get Psyched! Ace your Intro to Gen Psych (PSY 1101) midterm exam. Bring your own snacks and dig in for a last-minute prep with Carissa!	9/30/21, Thurs 4:00 – 5:00 pm	Carissa & Catherine Memorial 205
Chemistry Midterm Review with Grace - Get ready for your Intro to CHM or your Gen Chem midterm exam. Grace will make this fun!!	9/30/21, Thurs 6:30 – 7:30 pm	Grace & Catherine Memorial 205
Leaf Peeping Foliage Adventure - Peek at the peaks, traipse through the trails! All levels of fitness welcome. – MUST RSVP	10/2/21, Sat 1 - 4:30 pm	Catherine and Mentors Meet in front of KFC
Destress with Brett - Midterms this week - take one hour to breathe, watch some funny comedy, make a stress ball, and sip on a cup of tea.	10/4/21, Mon 4:00 – 5:00 pm	Peer Mentor Brett Memorial 210
Course Selection & Registration for Spring '22 Classes – Learn to navigate Student Self-Service and choose Gen Eds - MUST RSVP	10/7/21, Thurs 3:00 – 4:00 pm	Catherine 207 Elliot Hall Lab
Cupcakes and Check-up! – Join peer mentor Kadie in baking and decorating cupcakes while getting to sit and talk about how midterms went for you.	10/12/21, Tues 2:00 – 3:00 pm	Peer Mentor Kadie Memorial 210
TRiO Adopt-A-Highway & Ice Cream Social – Give back to Mansfield with this community service opportunity and enjoy a sweet treat after! MUST RSVP	10/14/21, Thurs 2:30– 4:30 pm	Peer Mentors Meet in front of KFC
Financial Literacy & Dinner - Learn about the ins and outs of financial aid from our Financial Aid Advisor and about credit and budgeting from Dave Sikorski of PSECU. MUST RSVP; All welcome, but SR REQUIRED for scholarship.	10/20/21, Wed 4:00 - 6:00 pm Dinner 5:30 pm	Dave Sikorski/ Denise Davey/ Dinner Memorial Hall 211
Let's Factor it Out! Ace your algebra midterm exam. Bring your own snacks and dig in for a last-minute prep with Cierra!	10/21/21, Thurs 5:30 – 6:30 pm	Cierra & Catherine Memorial 205
Judgement, Bias, and Assumptions: Thinking Differently - Ever wonder if how you see things or how you think about them impacts the way you experience your life? Start thinking about how you think and about our perception's impact on lived experience.	10/27/21, Wed 1:30 – 2:30 pm	Nicholas Delaney Memorial 210
Trick or Treat with TRiO! - Come join us in Memorial Hall for some Halloween themed movies, popcorn and trick or treating fun.	10/28/21, Thurs 4:00 – 6:00 pm	Peer Mentors Memorial 210
Writing Resumes with Career Center - Nichole will teach you how to write a resume that will stand out from others.	11/02/21, Tues 4:00 - 5:00 pm	Nichole Lefelhoc Memorial 211
Mock Interviews with Career Center – Nichole will help you prepare to interview; learn the ins and outs of how to snag that job!	11/02/21, Tues 5:00 - 6:00 pm	Nichole Lefelhoc Memorial 211
What Is Your Leadership Style? - Take the Myers–Briggs Type Indicator (MBTI) to discover your psychological preferences and how you perceive the world and make decisions.	11/11/21, Thurs 4:00 - 5:00 pm	Kim Lamar Shelton Memorial 210
Financial Aid Repayment - Learn about the best ways for repayment on Financial Aid. MUST RSVP ?? SR REQUIRED	11/16/21, Tues 11:30 - 12:30 pm	Denise Davey Memorial 210
Party Games Night – Come compete against other TRiO students in the silliest competition you will ever face. Win goofy prizes! Laugh!	11/16/21, Tues 5:00 – 6:00 pm	Peer Mentors Memorial 210
Thanksgiving Break	11/23 - 11/26 Tues – Fri	
Finals Week Stress Management – Reduce stress, relax, and step up your self-care during finals week.	12/2/21, Thurs 3:00 - 4:00 pm	Catherine Memorial 210
Chat & Chew: Eat with TRiO students and staff in Upper Manser. You know you want to... MUST RSVP IF YOU NEED A MEAL TICKET	12/2/21, Thurs 11:30 – 1:00 pm	Upper Manser TRiO Staff
Hamilton Gibson presents “A Christmas Carol” Theater play – Come see a one-hour live production of this classic story and shop at the Dickens Festival in Wellsboro! MUST RSVP	12/4/21 Sat 9:30 – 2:00 pm	In Front of KFC to Wellsboro KaDee & Mentors
Final Exams: December 6th through December 9th		