

TRiO Student Support Services: Fall 2020 Schedule


TRiO on Your Own Time!		Date & Time	Location
ON-LINE Modules - See Trio Website		Anytime on-line	Talk to your 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 semester individual plan meetings.			
Peer Mentor Meetings	FR & SO REQUIRED for TRiO Scholarship	Anytime - schedule with Peer Mentor	Remote- Zoom, Phone or Email
TRiO Tutoring Hours	Earn up to 5 hours (total, combined) each semester when you either meet with TRiO tutors or sign up for TRiO Study Table, or a combination of both. Be sure to sign in for Study Table credit!	Anytime - schedule with TRiO Tutor	Remote- Zoom, Phone or Email
TRiO Study Table - Up to 1.5 hrs/week		Anytime - during TRiO Office Hours	200 Suite Memorial Hall Only
Weekly Zoom Drop-Ins with Shadoe	Take advantage of weekly Zoom "Drop In" opportunities with Graduate Intern Shadoe. Come ready to chat about whatever is on your mind.	TBA- Watch for TRiO emails	Zoom Graduate Intern Shadoe
Weekly Outdoor KFC Yoga with Intern Taylor and KFC Staff	While weather remains warm and dry... Join Taylor for a fun, relaxing, outdoor yoga class. During inclement weather sessions will be Zoomed. For more information, contact kotsurtj06@mansfield.edu	Tuesdays 4:30PM	Outside, socially distanced behind KFC

Workshops & Activities: Fall 2020

Please note: All Zoom workshop codes will be emailed to TRiO students prior the event time.

Workshops (green) & Activities (white)	Date & Time	Location
Meet the TRiO Tutors: Learn about this valuable GPA boosting resource. Zoom with the TRiO Tutors	8/27/20 4 – 5 PM	Zoom Catherine & Tutors
Yoga with a Pro – Stretch, reduce stress, and learn some helpful yoga poses with a certified yoga instructor. Note, the KFC fitness center has yoga mats to borrow, if needed. MUST RSVP	9/9/20, Wed 4 – 5 PM	Zoom Kath Thompson and Catherine
Staying FOCUSED Brain Storming Session - Let's talk about strategies to focus and stay on top of your work with online learning.	9/11/20, Fri 11:30A – 12:15PM	Zoom With Catherine
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. Freshmen priority/limited spots MUST RSVP	9/14/20 2 – 3 PM	Police Officer Jay and KaDee Jay Memorial 210
Time Management & Schedule Blocking – Learn how to prioritize activities, set up a schedule, and develop amazing management skills. Freshmen priority/limited spots MUST RSVP	9/16/20, Wed 3 – 4 PM	Intern Taylor 210 Memorial Hall
Grad School: The Pros, Cons, Whys & Hows – Look at graduate programs in your field, discuss the application process and grad school interviews. All are Welcome, but JR REQUIRED for TRiO Scholarship	Release Date 9/18/20, Fri	Emailed Online Module Catherine
Get it Write! – Join Sarah for some good tips on how to write a paper that flows and catches the reader's attention.	9/21/20, Mon 3 – 3:45 PM	Zoom Writing Tutor Sarah
Let's Factor it Out! – Join Hailey for tips on how to ace your algebra midterm exam (for MA 0090 or MA 1128.)	9/22/20, Tues 3 – 3:45 PM	Zoom Math Tutor Hailey

<p>Wall Climbing – Join Taylor and KFC facilitators. Don't worry, the motto is <i>Safety First!</i> Tackle the wall and earn the bravery award! MUST RSVP; Limited Availability</p>	9/22/20, Tues 4 – 6 PM	Taylor & KFC Staff
<p>Positive Self-Talk – Join Shadoe and others, discuss skills to help you balance the stressful demands of your life. Freshmen priority/limited spots MUST RSVP</p>	9/23/20, Wed 3 – 4 PM	Grad Intern Shadoe Memorial 210
<p>"Get Psyched! - Intro to Gen Psych students gather with Amanda to review and prepare for the upcoming midterm exam (for PSY 1101.)</p>	9/24/20, Thurs 4 – 4:45 PM	Zoom Social & Behavioral Sciences Tutor Amanda
<p>We've got Chemistry! – Join Maranna for tips on how to ace your chemistry midterm exam (for CHM 1101 or CHM 1111.)</p>	9/25/20, Fri 11:30A – 12:15PM	Zoom Science Tutor Maranna
<p>Notetaking from Lectures – Find out the best tips and tricks to get down the information you need from your classes.</p>	Release Date 9/25/20, Fri	Emailed Online Module KaDee Jay
<p>What's Your Professional Brand? (Leadership Symposium) Learn how to network and develop your "Elevator Pitch" with Director Ms. Lefelhoc. All are Welcome, but SR REQUIRED for TRiO Scholarship</p>	10/01/20, Thur 4 – 5 PM	Career Center Director Nichole Lefelhoc Zoom
<p>Course Selection & Registration for Spring '21 Classes – Learn about Gen Ed requirements and Student Self Service navigation. Unable to attend? Recorded session will be emailed to all afterwards.</p>	10/7/20 Wed 11:30A – 12:30PM	Zoom With Catherine
<p>Yoga with a Pro– Stretch, reduce stress, and learn some helpful yoga poses with a certified yoga instructor. Note, the KFC fitness center has yoga mats to borrow, if needed. MUST RSVP</p>	10/07/20, Wed 4 – 5 PM	Zoom Kath Thompson and Catherine
<p>Mansfield Bike Path Adventure – Weather permitting, hike along Lambs Creek; enjoy good company! All levels of fitness welcome. Be sure to bring your own water/snack. Freshmen priority/limited spots MUST RSVP</p>	10/10/20, Sat 1 – 3 PM	Meet Taylor at Clock in South Hall Mall
<p>What Is Your Leadership Style? Take the Myers–Briggs Type Indicator (MBTI) to discover your psychological preferences, how you perceive the world, and why you make certain decisions. Freshmen priority/limited spots MUST RSVP</p>	10/14/20 Wed 3 – 4 PM	TRiO Director Kim Lamar Shelton 210 Memorial Hall
<p>FOCUS on Your Career - Take the FOCUS Career Assessment and explore career opportunities with the Candid Career Resource.</p>	Release Date 10/16/20, Fri	Emailed Online Video Nichole Lefelhoc
<p>DIY Rock Painting – Join Taylor and Marriah, come relax and paint some rocks for your room or to put around campus! Freshmen priority/limited spots MUST RSVP</p>	10/21/20, Wed 3 – 4 PM	Taylor & Marriah Memorial 210
<p>Financial Literacy- Learn about the ins and outs of financial aid from the Director of Financial Aid. All are Welcome, but SR REQUIRED for TRiO Scholarship</p>	10/28/20, Wed 3 – 4 PM	Denise Davey Zoom Session
<p>Financial Aid Repayment - Learn about the best ways for repayment on Financial Aid. All are Welcome, but SR REQUIRED for TRiO Scholarship</p>	11/4/20 Wed 3 – 4 PM	Denise Davey Zoom Session
<p>GRE Prep – Come learn about the timing for GRE's, the basics of what the GRE exam entails, and test taking strategies. All are Welcome, but SR REQUIRED for TRiO Scholarship</p>	Release Date 11/06/20, Fri	Emailed Online Module KaDee Jay
<p>Conquer the Stresses of Finals Week with Shadoe – Reflect on this semester and look ahead to how you will deal with the stress of finals. Freshmen priority/limited spots MUST RSVP</p>	11/12/20, Thu 3 – 4 PM	Grad Intern Shadoe Memorial 210
<p>Best Study Strategies - Find out the best ways to move information</p>	Release Date	Emailed Online Module

from short term to long term memory and set up a study plan.	11/13/20, Fri	KaDee Jay
Paint Along with Bob Ross – Come relax, join Taylor for some fun canvas painting and good company. Create art for your room. Freshmen priority/limited spots MUST RSVP	11/18/20, Wed 2 – 3 PM	Taylor Memorial 210
Thanksgiving Break	11/23 - 11/27 Mon – Fri	
<p>Final Exams: Mon – Thurs Nov 30th through December 3rd Do you know your exam schedule?</p>		