It’s been a busy year for the Student Support Services program! We filled the fall semester with workshops to help students develop power point presentations, perfect interview skills, learn to balance the challenges of being a nontraditional student, secure financial aid, manage their money, and understand the importance of maintaining a high GPA. We met with representatives, gathered information and toured the campuses of Oral Roberts University, Bacone College, University of Central Oklahoma and University of Oklahoma. We were also able to provide cultural enrichment through visits to the Philbrook Museum, Five Civilized Tribe Museum, House of Clay and participation in an outdoor ropes course. Our freshman participated in our newly developed Freshman Mentoring Program. The group participated in team building activities, information sessions, and individualized mentoring meetings. We closed the semester with a Bricktown trip for students earning over 130 participation points. The trip included snow tubing, a river cruise and lunch overlooking the Bricktown ballpark.

The momentum continued as we began the spring semester with workshops on RSC resources, navigating D2L, and money management. Cultural events included a visit to the state capitol in celebration of Oklahoma TRiO day, an evening at the Yellow Rose Dinner Theater, and a trip to the Great Salt Plains Lake. We also made visits to the University of Central Oklahoma, Rogers State University and the Oklahoma State University.

The remainder of the semester will consist of a career outlook workshop, an outing to the OKC Arts Festival, a visit to the University of Oklahoma and a trip to the Sam Noble Museum. The semester will conclude with our annual recognition ceremony honoring our graduates and recognizing the achievements of our participants.

We’ve had a full, fun year and look forward to another - hope you join us!
From The Director’s Desk

It’s important to remember that this program was designed for you! We strongly encourage you to get involved, from contributing to our newsletter to joining us during a campus visit! This is your experience, make the most of it!

Do you have an idea for a workshop or maybe a suggestion for programming? We want to hear it! You are always welcome to share your input with a member of our staff. If you are more comfortable providing anonymous feedback, you can use the suggestion box located in the lab.

Let us know what you think! Your input is valuable and gives us the opportunity to meet your needs.

Remember, the TRiO SSS program is here to serve you!

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Counselor’s Confessions

Your lives are busy, busy, busy, rushing from one thing to the next. Trying to get this paper done, that project done, and on top of that you still try to find time to get those extra couple minutes of studying in. Sometimes you hardly have time to blink or take in a deep breath. Stress starts to set in. Routine becomes monotonous. School begins to feel like a burden. You start to wonder why you are taking all of these classes. You forget your dreams, your goals, and your future. You want to quit.

These feelings can become quite overwhelming. A quote from Ross Perot rings true to this situation, “Most people give up just when they’re about to achieve success. They quit on the one yard line. They give up at the last minute of the game one foot from a winning touchdown.” How close are you to the end zone? Some of you may feel like you are on the one yard line on the opposite end of the field, others may feel like they are at the 50 yard line, but the end zone looks miles away.

When you feel like that, don’t look at all the yards you have to go, think about one yard at a time, just like we should live one day at a time. Enjoy the process of school. Be grateful for the opportunity you have to learn and gain knowledge. Remember the attitude you had when you first enrolled in classes and that excitement you felt for what was to come – an associate’s degree, a bachelor’s degree, and beyond. These are steps that will get you to where you are going for your future.

TRiO SSS wants to help you bring your dreams to fruition. Through time management, goal setting, and study skills we can help you get a first down and encourage you to keep on running for the touchdown. Don’t give up. We want to help you!
SSS Snapshots

Bill Alipio was recently recognized for his academic achievements by being a featured TRiO student in the 2012-2013 Oklahoma Division of Student Assistance Hall of Fame.

We’re proud of you Bill!

Hall Of Fame

Free Credit Report
Order a free annual credit report from any of the 3 credit reporting agencies by calling 1-877-322-8228 or visit www.annualcreditreport.com

Manage Your Credit Cards
For responsible credit card use, remember these tips:
- Limit card use to items you can afford.
- Be wary of sales and discounts.
- Keep track of all your charges.
- Pay with cash when possible.
- Limit the number of cards you use.
- Avoid cash advances.
- Check your monthly statement for accuracy.
- Pay your bill on time.
- Pay the entire balance, if possible.
- Report address changes in advance.
- Prevent credit card fraud by being careful with your card information.

Save The Dates!
4/23: Oklahoma City Arts Festival
4/26: University of Oklahoma & Sam Noble Museum
5/4: SSS Recognition Banquet

RSVP required - check the spring calendar for details!
SSS Banquet: A Celebration of Success
It’s hard to believe that the semester is nearing an end! We think it’s only appropriate to take some time to celebrate the past year by recognizing our participants! This is a time for us to acknowledge and honor you! So mark your calendars and plan to attend - you deserve it!

SSS Recognition Ceremony
Thursday, May 9th
2:00 - 3:00
Student Center Dining Room
Please RSVP by Monday, April 29
*hor dourves will be served

Did you know the TRiO SSS program has resources available for use in our lab? Headphones, calculators, textbooks, study guides, DVDs—we’ve got what you need to be successful!

TRiO SSS Staff
Director: Amber Mitchell
Academic Support Counselor: Jessica Waller
Academic Mentors: Rebecca Esquibel, Alexandria Murchinson, Cody Taylor

Visit our Facebook Page: www.facebook.com/RSC.StudentSupportServices