Greetings Beaver Students! Now that a few weeks have passed by, we hope everyone is getting settled into classes, housing, etc. There is no place better to begin your education than BSU! Here are some tips to keep you on track for not only the semester, but for your future.

Trying to get to your future?

Go to class. Notice that this is the number one tip. To experience college and earn a degree, you have to pass your courses. By not attending classes, you set yourself up for failure. To graduate from college, you need a plan and you have to stick to it. Your success begins with taking responsibility for your actions—how are you going to pass your classes if you don’t have regular attendance? Consider attending classes your job—if you don’t show up for work, you lose your job—miss classes and you miss your future.

Ask for help before it’s too late. Believe it or not, no one at BSU wants you to fail. If you’re struggling in a class, ask your instructor for help or go to the TRiO tutoring coordinator in Sanford 04 to get a tutor. If you’re struggling personally, talk to a counselor or a TRiO faculty member/advisor. Use the available resources to help you solve your problems.

Stay on top of your finances and financial aid. Pay attention to your educational and personal finances. Make sure you are sticking with your budget and always know the status of your financial aid.

Fall 2013 Schedule

October 28  Spring semester class schedule available
October 31  HAPPY HALLOWEEN!
November 4  Begin registration for Spring semester
November 11  No classes- Veterans Day
November 27-29  No classes— Fall Break
December 11  No classes- Reading Day
December 12  Final Exams begin
December 23  Fall semester grades available
Every year awards are given to TRiO students for their achievements. Four such awards were given in Spring of 2013, the Most Successful Freshman, Most Involved Participant, Program Ambassador, and the Student of the Year.

Nick Lampert received the Most Successful Freshman award. Nick has served as University Ambassador, a mentor at Academic Advising Registration, and is a PAA for the 2013/2014 academic year.

Jenna Ronich was the recipient of the Most Involved Participant award. Jenna was enrolled in all three TRiO courses and had near perfect attendance. Jenna possesses a love of learning as well as a desire to work hard and do her best.

Jordan Morgan received the Program Ambassador award. Jordan is an environmentally aware student who has a love for the environment and solar energy. He is at BSU to learn how he can positively impact the future and is willing to help others and to fight for causes he believes in.

Anastasia Reinke was awarded the Student of the Year award. Anastasia graduated in May from BSU with a BS in Business Administration with an emphasis in Marketing and a Sociology minor. In addition to maintaining a good GPA, Anastasia was employed off campus working 30-35 hours a week.

Test anxiety negatively impacts the academic performance of many students. If test anxiety plagues you, follow these steps and you should see a boost in your upcoming exam results.

**Preparation**
- Avoid cramming. Start preparing well in advance to ensure there’s still time to get help if you find something you don’t understand.

**Self-Care**
- Exercise. It wards off the physical effects of anxiety and sharpens the mind.
- Eat three healthy meals a day and get plenty of sleep. Staying up too late studying the night before the exam will hurt more than it will help.

**Positive Attitude**
- Visualize yourself being successful. Remind yourself of all of the good things you have done to address test anxiety and how you’ve prepared well for the exam.
- Stay relaxed. If you find yourself getting anxious, concentrate on taking deep slow breaths and then slowly exhaling.

**Exam Day**
- Eat a healthy meal before the exam that includes fresh fruits and vegetables.
- Avoid processed foods, caffeinated drinks, chocolate, eggs, and junk food.
- Do something relaxing the hour before the test. If you’ve been preparing in advance, you won’t need that last hour to study (and stress yourself).
- Avoid classmates who generate anxiety and may upset your relaxed state of mind by discussing what people have or have not studied.
- Feel some anxiety still creeping in? Use deep breathing techniques or distract yourself by reading a magazine or checking your phone.
The Spring Schedule comes out on Monday, October 28. Before you're able to register you will need to know and complete the following tasks:

Freshman and new students to campus:
- Make sure RMRW is completed!
- Attend your College Orientation class because we will be covering all you need to know on this topic!

 Sophomores, Juniors and Seniors - sign into E-services and:
- review your DARs
- check for holds
- find out your registration window
- have a tentative class schedule
- SIGN UP FOR A TIME TO MEET WITH YOUR ADVISOR (and remember your appointment)
- Complete registration process - don't just put them in your course cart!

To help you prepare for registration, click on the link below for a guide that walks you through How to Prepare to Register for Spring Semester.

Looking to Improve Your Grades? Are You Struggling in a Class?

Where to Go for Help
- Talk to the professor for the course to see if there is a tutor or TA for the course.
- Peer Academic Assistants and the Academic Resource Centers in Oak, Pine and Tamarack Residence Halls.
- Writing Resource Center (Hagg-Sauer 110) for help with any writing assignment.
- Math Help Room (Hagg-Sauer 232) for entry level math courses through Calculus II.
- Decker 14 for Accounting I & II and Business Statistics I and II.
- Drop-in tutoring is provided for a variety of subjects by the Advising Success Center. See their schedule at http://www.bemidjistate.edu/students/services/advising/services/tutoring/schedule/

Free tutoring is also available to all TRiO/SSS participants! Come to the TRiO office if you need help in any of your classes and we will do our best to place you with a student tutor. Your tutor will provide confidential, one-on-one or small group tutoring sessions that fit into your schedule, that go at your pace, and that focus on your specific needs. TRiO participants are eligible for tutoring services for their entire undergraduate career at BSU. If you were in TRiO as a freshman, you are still a TRiO participant and can get a tutor through our office.

Don't put off requesting a tutor any longer:
- Requesting a tutor now will improve your chances of getting a tutor.
- Course material usually gets more difficult as the semester progresses, so if you do not fully understand what is covered in lecture and the textbook for a class, getting a tutor can help you reach your academic goals.
- There is still time to improve your grade before the end of the semester.
- Tutoring can help you improve your study and time management skills, gain confidence in course material and as a college student, and lower your stress level.

It's Not Too Late to Get Help
Come to the TRiO/SSS office and fill out a Request for Tutoring form at the TRiO/SSS Tutoring Services table. Be sure to sign up for a time to meet with Linda Wolf, the TRiO/SSS Tutoring Coordinator, in Sanford 04 about your tutoring needs, and we will find the right tutor for you.
BSU Awarded TRiO McNair Grant

Bemidji State University was the recipient of a $220,000 grant from the U.S. Department of Education, named after the late Ronald E. McNair who perished on the space shuttle Challenger in 1986. The McNair Scholars Program aims to successfully prepare scholars for entrance into graduate school. The ultimate goal of the program is for scholars to achieve a Ph.D. within ten years of graduating from Bemidji State University.

The main components of the program include conducting original research under the guidance of a faculty mentor and receiving training in writing, communication and graduate school preparation. Scholars receive financial support and travel opportunities that include presenting their research at conferences, visiting their top-choice graduate school and attending cultural activities.

Students must have a 3.0 minimum cumulative GPA, hold U.S. citizenship or a permanent residency visa, be a first generation college student from an economically disadvantaged background or from an ethnic group underrepresented in graduate education (African-American, Chicano/Latino, Native American/Alaskan, or Native Hawaiian/Pacific Islander).

The TRiO McNair Scholars office will be accepting application on an ongoing basis. Please contact Kristina Cirks at kcirks@bemidjistate.edu if interested.

Upcoming Campus Events

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<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Time</th>
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<tbody>
<tr>
<td>November 3</td>
<td>Choir Fall Festival</td>
<td>Bangsberg Main Theatre</td>
<td>3pm</td>
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<tr>
<td>November 3</td>
<td>Trombone Choir</td>
<td>Thompson Recital Hall</td>
<td>7pm</td>
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<td>November 5</td>
<td>Tri-College Fair Orientation</td>
<td>Sanford Hall 215</td>
<td>4pm</td>
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<td>November 6</td>
<td>Major &amp; Career Expo</td>
<td>Beaux Arts Ballroom</td>
<td>11am</td>
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<td>November 18-22</td>
<td>American Indian Heritage Month Movie Week</td>
<td>AIRC</td>
<td>6pm</td>
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<tr>
<td>November 24</td>
<td>Wind Ensemble/Symphonic Band</td>
<td>Bangsberg Main Theatre</td>
<td>3pm</td>
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<td>November 26</td>
<td>Percussion Ensemble</td>
<td>Thompson Recital Hall</td>
<td>7:30pm</td>
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<td>December 6-8</td>
<td>Madrigal Dinners (Beaux Arts Ballroom)</td>
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<tr>
<td>December 13-14</td>
<td>Dec. 6-7 @ 7pm, Dec. 8 @ 5pm, Dec. 13-14 @ 7pm</td>
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<tr>
<td>December 11</td>
<td>Voltage Concert</td>
<td>Thompson Recital Hall</td>
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<tr>
<td>December 15</td>
<td>Varsity Singers</td>
<td>Thompson Recital Hall</td>
<td>3pm</td>
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“Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle.”

- Christian D. Larson