A Word from Our Director

Don’t beat yourself up over what you’ve done, or haven’t done, in the past. That time is over, and there’s nothing you can do about it. However, you have this present moment to choose to do differently.

A wise man once said:

The man who lives in the present, forgetful of the past and indifferent to the future, is the man of wisdom.

The best preparation for a life to come is to live now and here. Live right up to your highest and best! If you have made mistakes in the past, reparations lies not in regrets, but in thankfulness: that you know better.

(An excerpt from The Notebook of Elbert Hubbard)

It’s hard to believe that fall semester 2011 is almost over. I hope that you are all hanging in there and doing well in your classes. If you’ve fallen behind in any of your classes or if you have any papers or projects that you’ve been procrastinating doing, realize that you can choose to do better at this moment.
Meet Crystal Cleven

“Don’t be afraid to stop in and see me. I enjoy getting to know students better!”

I have a Bachelors of Science in Business Administration degree, with a Sociology minor for my undergrad and a Masters in Education; both from BSU. My first advisor was Phil Dahl, who recently retired from TRIO. I hope to help students like Phil helped me. I just want to ‘pay it forward!’ Being able to help students accomplish their goals and navigate college just makes me happy. I bring a lot of BSU knowledge to TRIO. My previous position was in Admissions here on campus which required me to know something about most things on campus. My Words of Wisdom? Go to class and ask for help before it’s too late :)

Meet Crystal Cleven

A New Face at TRIO/SSS: Linda Wolf

We sat down with our new tutoring coordinator at TRIO/SSS, Linda Wolf, and talked about her new position, her advice to students, and life in general...

What do you bring to TRIO?

Having been a first generation college student, I bring a deep appreciation for the student support services provided by the TRIO program. I also truly believe in the benefits of a liberal arts education. Most of the positions I’ve held since college had very little or nothing to do with my major. The analytical skills and the abilities to communicate that I developed through my liberal arts education have enabled me to work in a wide variety of interesting settings.

Words of Wisdom:

You can learn something from every experience and every relationship you have - even the classes you think are pointless and the professors that irritate you. At the end of the semester ask yourself what you learned from each class you took. You may have learned new subject matter, developed a skill, learned how to study differently, or figured out how to handle a tricky relationship with your professor or other students.

If you could meet anyone in history, dead or alive, who would it be and why?

I would like to meet my maternal grandfather who died several years before I was born. He and his brother stowed away on a ship to come to America from Barcelona in the early 1900’s. I would love to know about his life in Barcelona, his immigration experience, and his first years in America.

Thanks Linda and welcome to TRIO!
The Do’s & Don’t’s of Studying: 7 Ways to Get A’s

There’s a plethora of reasons to go to college... Meet new people, prepare for your future, discover new interests... But for many, going to school has one BIG motivator, the grades. And so the question remains: How do I get A’s? Well, TRiO/SSS is here to help with the 7 Ways to Get A’s.

Step One—Spend enough time studying. Schedule your study time to ensure that you study 2 hours outside of class for every one hour you spend in class each week. Make a weekly schedule and follow it! And if you find yourself with nothing to do at your scheduled study time, reward yourself for finishing up all your tasks!

Step Two—Review what you are learning. Spend five minutes every day to review class notes, do weekly reviews of each subject. Review the material prior to class and review your notes after class.

Step Three—Stay on Track. Keep up with your studying and class assignments. Do all of your homework and turn in all assignments. Don’t fall behind... it is stressful and nearly impossible to catch up. Most importantly, attend class!

Step Four—Plan your study time. Take a few minutes to plan your study time, review what you want to accomplish and get to it. Study for 30-45 minutes, then take a 5 minute break. Don’t check your email or phone— it will be harder to get back to studying.

Step Five—Use study groups. Participating in study groups gives you the opportunity to discuss class material, clarify areas of confusion, compare class notes, and gain different perspectives on the material. Most importantly, you will be motivated to stay up to date with your class assignments and spend more time on studying!

Step Six—Don’t multitask while studying. Studying while doing two things at once such as sending text messages makes your studying less effective.

Step Seven—Ask questions, get help. Always get assistance with a problem; never try to do everything by yourself! There are many resources on campus designed to help you... Find out what they are and use them!

Information provided by Bellevue Community College TRiO Student Support Services

This Month’s TRiO Question, Answered

Q: I’m interested in finding out if I’m eligible for TRiO Student Support Services. What are the eligibility requirements?

A: First generation college students, low-income students, and students with disabilities are all eligible to receive help from TRiO/SSS. TRiO/SSS offers a variety of services to help students succeed during their college career, from study skills to advising. For more information, call TRiO/SSS at 755-2614, or stop in and talk to one of the TRiO staff today!
Tutoring Services to the Rescue!

One of the benefits of being a TRiO Student Support Services participant is the tutoring we can set up for you. We offer free, confidential, one-on-one tutoring for all TRiO participants for their entire under-graduate career at BSU. Whatever classes you would like help with, we will do our best to find you a tutor, for up to three hours per subject per week.

The tutors who work for our program are students just like you, so tutoring sessions are relaxed and comfortable. Your personal learning style will soon become known by your tutor. That is simply because your tutoring sessions are set up one-on-one so that you and your tutor can focus on your personal needs. You and your tutor arrange your meeting times so that they don’t interfere with class schedules or extra-curricular activities.

As a professional student, there will be times when you feel less than confident or prepared. That’s okay, and so is getting a little extra support.

If you feel that a tutor might be the answer, stop by Linda’s office, Sanford #4, today and get started.

TRiO/Student Support Services

Phone: (218) 755-2614  
Fax: (218) 755-4116  

Mailing Address:  
1500 Birchmont Dr. NE #22  
Bemidji, MN 56601-2907