Welcome Back...and Welcome to Goal-Setting
by, Joanne Martin, Director of TRIO Student Support Services

You’ve registered for classes and you’re ready to go! You might have had big plans for the quarter, saying, “I’m going to be organized and on top of things from day one to the end of finals—I’m going to do it all!” However, perhaps Day 1 went more like this...you drove to school only to realize that traffic on 124th was a mess and that there was less available parking on campus than the last time you were here. Maybe you had to turn around and drive all the way back out to Pacific Raceway to find a spot. By the time you finally made it to campus, you arrived at your class with only 10 minutes left, missing the explanations for the syllabus, the assignments, and the term-paper details. Maybe it feels like you aren’t off to a good start.

This is where goal setting can come into play. Many of us have dreams about what we want to accomplish, but we get frustrated when we fall short of those dreams. The problem is that we don’t have a clear written plan or map of how to get there.

Goal setting is more than simply writing down some ideas on a piece of paper. Goals need to be complete and focused (much like a road map), visited daily, and welcomed into your world of intention and action! The following seven steps are helpful for achieving your goals. I am encouraging you to follow them; if you do, you will be well on your way to becoming a goal-achieving expert.

1. Make sure the goal you are working for is something you really want, not just something that sounds good or what someone else thought you should do. Your goals need to be something that you are willing to put time and energy into achieving.

2. A goal should not contradict any of your other goals.

3. Each goal needs complete details.

4. By all means, make sure each goal is set high enough (attainable only through really stretching yourself!!!)

5. If enough students are interested, we will also visit the Seattle Art Museum during the trip to Seattle. Be sure to sign up in the TRIO office or by emailing Christine (at cmcmullin@greenriver.edu) to reserve your spot.

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TRIO Goes to University

On Tuesday, October 25 (which is a faculty in-service day, so there are no day classes scheduled!), TRIO would like to take a field trip to visit colleges and universities in the local area. We are tentatively planning two trips—one to the University of Washington and other Seattle area schools and the other to UW—Tacoma and other South Sound schools.

If you are interested in attending either of these trips, we need you to sign up in the TRIO office NO LATER than October 18. We need at least 3 students to commit to each trip to ensure that we are able to secure transportation.

If you have any questions, please contact Joanne Martin, Director of TRIO Student Support Services, at (206) 221-3385 or jmartin@greenriver.edu.
Upcoming TRIO Events

TRIO has planned the upcoming workshops and events for Fall Quarter. If you plan to attend, please sign up in the TRIO office or email Christine at cmcmullin@greenriver.edu so we can make sure there are enough handouts available. *Unless otherwise noted, all workshops will be held in the Rainier Room in LSC from noon—1:00 p.m.* This year we will be videotaping most workshops, so please let us know if you would like to view a workshop at a later date.

“Getting Off the Right Start” - Tuesday, October 4th. Joanne will go over tips and strategies to help you make this your best quarter yet.

“Study Skills” - Tuesday, October 11. Christine and Liz McKinney are going to help you plan out some specific ways to approach studying for different types of classes.

“Transfer Tips” - Friday, November 4. Christine will help those of you who are planning on transferring to gear up for all the deadlines and requirements.


“Transfer Fridays” - November 18 and December 2. Join Christine for lunch in the LSC Adams Room to discuss your transfer plans and network with other students who are also going through the transfer process this year.

“Scholarship Search” - Tuesday, December 6. Get a jump start on the scholarship search process with Kathi and Christine.

“Relaxation Lounge” - Tuesday, December 13. Back by popular demand...TRIO and Counseling and Health Services will host an open “relaxation” time in the Rainier Room to help you get in the right frame of mind for finals. The room will be available from 10:00 a.m.—2:00 p.m.

Tutoring Assistance

One of the services that TRIO provides for our participants is tutoring. Because we need to seek out individual tutors to work with our students, the matching process can be time consuming. Therefore, it is important to work with your TRIO advisor and Kathi Anderson-Marshall within the first few weeks of the quarter to see if we can meet your tutoring needs.

A few pointers about tutoring may help you get the most out of your experience:

1) Tutors are available to help you better understand your subject, not to actually do the assignments for you.
2) To get the most out of the session, you should prepare by reading over the section and jotting down questions ahead of time.
3) You should plan to work with your tutor regularly rather than trying to cram at the last minute.

In addition to tutoring that is available through TRIO, Green River has areas on campus to help meet your tutoring needs:

A) Math Learning Center (3rd Floor—SMT)
B) The Writing Center (RLC)
C) The Help Center (2nd Floor—Library)

How to Survive College

Here are some quick tips on how to get the most out of the upcoming year:

1) Pick up your GRCC Student Handbook and Planner from Student Programs. Use it to schedule all your assignments, tests, and appointments. You can also record your GOALS in your planner so you can refer to them daily.
2) Keep copies of all your paperwork—financial aid, college applications, scholarship applications—even copies of papers and important projects you turn in. You never know when you may need to refer back to them.
3) Meet with your TRIO advisor early and frequently. We want to partner with you to help you achieve your educational goals. While TRIO has many services and resources available to assist you on the road to academic success, even the best of our services cannot guarantee your success unless you also do your part.

“What you get by achieving your goals is not as important as what you become by achieving your goals.”

—Zig Zigler

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Upcoming Events at Green River Community College

There are TONS of special programs and events planned at Green River this quarter. Be sure to check with Student Programs to learn about new events and programs throughout the quarter.

Artist & Speakers Series
“Ken Carnes’ War / Peace & the Anatomy of Being Human” - Thursday, October 27, 7:30 pm. Ticket required for event.

“Jim Wooten - We Are All the Same” - Thursday, December 1, 7:30 pm. Ticket required for event.

Counseling and Health Services
“Stress Management” - Thursday, October 13 from noon—1 pm in Olympus/Baker.

“Stress Management” - Tuesday, October 18 from 6-7 pm in the Glacier Room.

“Depression/Anxiety” - Tuesday, November 29 from noon—1 pm in the Glacier Room.

Educational Planning
“Transfer Fair” - Monday, November 21 from 9 am—12:30 pm in the main dining hall.

Also, be sure to check with the Transfer Center to find out when various colleges and universities will be visiting GRCC.

Theatre Extempore
“Picnic, by William Inge” - December 2, 3, 9, & 10. Ticket required for play.

Student Programs
“Annual Trip to Leavenworth for the Tree Lighting Festival” - Saturday, December 3. Ticket required for the event.

*TRIO can purchase one ticket for you for a cultural event each quarter. If you use a ticket purchased by TRIO, you are required to give us a written summary/critique of your experience within a week after attending the event.

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Now what?
So what do you do after you have written out your goals? Sometimes it is helpful to a person who makes and pursues goals to not freely share them with others. The negative attitude from friends, family and neighbors can drag you down quickly. It’s very important that your self-talk (the thoughts in your head) are positive. On the other hand, sharing your goals with a trusted support person can help you stay accountable to pursuing those goals on a daily basis.

Regardless of who you choose to tell, reviewing your goals daily is a crucial part of your success and must become part of your routine. Each morning when you wake up read your list of goals that are written in the positive. Visualize the completed goal, using as many senses as you can. Then each night, right before you go to bed, repeat the process. This will engage both your subconscious and conscious mind on working towards the goal. Focusing on the positive nature of your goal will also help you begin to replace any of the negative self-talk you may have with positive self-talk.

Every time you make a decision during the day, ask yourself this question, “Does it take me closer to, or further from my goal.” If the answer is “closer to,” then you’ve made the right decision. If the answer is “further from,” well, you know what to do. If you follow this process everyday you will be on your way to achieving unlimited success in every aspect of your life.

Let us know if we can encourage you in any way as you pursue your goals!

Joanne

Advising and Registration for Winter

Registration for Winter Quarter, 2006 will begin on November 14. While that may seem like you have a long time to prepare, experience shows that Fall Quarter goes by quickly. Plan ahead by meeting with your TRIO advisor sometime in late October to make sure your Individual Academic Plan is up to date. This meeting is especially critical if you are repeating any classes or if you changed your intended major or degree program.

Beginning in early November, you can schedule a registration appointment with your TRIO advisor around the time of your assigned Green River registration time. This assigned registration time is the earliest you will be able to access the web registration process at GRCC.

Taking advantage of early registration helps boost your chances of getting the classes you want at the time you want to take them. It also helps you plan for the upcoming quarter—especially when it comes to buying books.
TRIO Student Support Services is a federally-funded program designed to provide academic support services to first-generation college students, low income students, and/or students with disabilities.

Staff:

Joanne Martin, Director (ext. 2654)
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