Take steps to make your dreams a reality now!

By Joanne Martin, Director

This morning I was thinking the process of choosing “to start” or “not to start” a particular project. Many times, we are hesitant to start anything because we are afraid we might make a mistake or fail. I say, “Go ahead. Make mistakes! Don’t wait for more experience or a “best time” or “the right moment” or when you’ll “be good enough.” The key point to remember is that You don’t have to be good to start, but you have to start to be good. Success takes time!

When you first do something, you may not do it very well. Some of your acquaintances, friends or family may tease and laugh at you. They might warn you and recite all the reasons why you shouldn’t take the risk. They may wait around patiently hoping to say, “I told you so,” or “I knew you couldn’t do it.” Please—brush them off! More than likely, they may be a wee bit jealous of your ambition, your goals, and your dreams. It may be that they might not want you to succeed, because they might think that if you do, you may leave them “behind in the dust.” If you let these people influence you in any way, you will never, ever be ready to go ahead and start making your goals and dreams a reality.

You may feel that you will never have enough money, enough time, enough support, knowledge, or experience to begin. But if you muster up the courage to take that giant step forward and start, the rest will eventually fall into place. Only YOU can make it happen! Start NOW with whatever you know, whatever you have, and wherever you are to begin to do whatever you need to in order to proceed with your studies, your dreams, and your goals.

Don’t let money be your handicap. There are so many things that you can do without money. You don’t need money to make the phone call, attend that networking event, or go as a guest to an association meeting in your field. You don’t need money to create a study-buddy group, to connect with others in your classes, and to arrange study strategy sessions together. How about volunteering a few hours a week to help another student with their work (and in that process, you will find that you will gain in your own knowledge of the subject as well). Do you see what I mean? You have so many opportunities out there. Do something! (continued on page 3)

TRIO Visits Tacoma

On Thursday, February 9th (which is a faculty in-service day, so there are no day classes scheduled!), TRIO will take a field trip to visit colleges and universities in the Tacoma area. We will visit University of Puget Sound or Pacific Lutheran University if there is sufficient interest.

If you would like to join us, we need you to sign up in the TRIO office NO LATER than January 20th. We need at least 3 students to commit to the trip to ensure that we are able to secure transportation.

Space is limited to the first van load of students who sign up, so don’t delay.
Upcoming TRIO Events

TRIO has planned the upcoming workshops and events for Winter 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.

Workshops

“Essay Test Taking Strategies” - Tuesday, January 10th. Joanne will go over tips and strategies to help you make this your best quarter yet.

“Financial Aid” - Tuesday, January 24th. Join us for tips on completing your FAFSA. A representative from GRCC’s Financial Aid Office will be on hand to answer your questions.

“Study Strategies” - Tuesday, February 7th. Christine will review specific strategies to help you become a more efficient student. We will be interpreting results from the LASSI (study strategies) inventory so check with your TRIO advisor to get a copy of the LASSI before the workshop.

“National TRIO Day” - Friday, February 24th. Join us in the Glacier Room from noon—1:30 pm to celebrate the achievements of TRIO programs from around the country. (see related article on page 4 for more information)

“Planning for Success with GRCC Foundation Scholarships” - Tuesday, March 7th. Get a jump start on applying for GRCC Foundation Scholarships with Kathi and Christine.

“Relaxation Lounge” - Monday, March 20th. TRIO and Counseling and Health Services will host an open “relaxation” time in the Rainier Room to help get you in the right frame of mind for finals. The relaxation room will be available from 10:00 a.m. — 2:00 p.m.

Tutoring Assistance

One of the most popular services that TRIO provides for our participants is tutoring. TRIO tutoring differs from other study help and tutoring services available on campus in that we seek out individual tutors to work with our students on an ongoing basis. It is important to work with your TRIO advisor and Kathi Anderson-Marshall within the first 2-3 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) TRIO 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 will be expected to work with your TRIO tutor at regular times each week rather than trying to cram at the last minute. Plan to schedule up to 3 hours every week with your tutor.

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

A) Math Learning Center (3rd Floor—SMT 355)
B) The Writing Center (RLC 113)
C) The Help Center (2nd Floor—Library)

Getting help early and frequently is the key to success!

Free Tax Preparation Help

United Way of King County and the King County EITC Campaign will provide quality free tax preparation services at sites across King County from January 17 to April 15, 2006. Taxes will be prepared by IRS trained and certified volunteers and electronically filed for a rapid refund. Multilingual tax preparers will be available at several sites to serve customers who do not speak English. At the sites tax customers will also be able to sign up for certain public benefits and learn about opportunities they have to make the most of their tax returns through opening or expanding savings accounts, repairing their credit and improving financial and budgeting skills. While the service is open to all taxpayers with basic individual tax returns, the campaign is specifically focused on serving people eligible for the Earned Income Tax Credit (EITC). For more information, stop by the TRIO Office or call the United Way at 206-315-8722.

This grant has been 100% federally-funded by the United States Department of Education in the amount of $278,295.
Upcoming Events at Green River Community College

GRCC is once again going to be sponsoring numerous special events and activities. Be sure to check with Student Programs to learn about new events and programs throughout the quarter.

**Artist & Speakers Series**
"Asra Nomani—Special Presentation in Honor of International Women’s Day" - Wednesday, March 8, 7:30 pm. Ticket required for event.*

**Counseling and Health Services**
TBA—Check with Counseling and Health Service or with the TRIO office for more up to date information.

**Educational Planning**
"Transfer Fair" - Tuesday, February 7 from 9 am—12:30 pm in LSC main dining hall. Also, be sure to check with the Transfer Center to find out when various colleges and universities will be visiting GRCC.

"Transfer 101 Workshop" - Tuesday, January 24 from 12—2 pm or Thursday, February 16 from 3—5 pm.

"Application & Personal Essay Workshop" - Thursday, February 2 from noon—1 pm or Tuesday, March 7 from 3—4 pm.

"Plan Your Transfer in Medical Sciences" - Wednesday, February 8th from noon—1 pm.

Sign up for these workshops in Educational Planning.

**Theatre Extempore**
"Camelot" - March 3, 4, 10 & 11 Ticket required for play.*

*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 one page written summary/critique of your experience within a week after attending the event.

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Be sure to keep a good written record or database of your support steps and information. Begin to broaden your contacts to people in the industry or business field that you want to go into—perhaps even volunteering for some businesses as well. Record your contacts and touch base with them every two to four months. And guess how much that will cost you? Zero. Your assignment: This month, START now! Write down at least two goals you want to achieve before the end of the quarter; then break down those goals into “mini goals”, and then put them in an order that will help you achieve success! You might also write down a list of resources, strategies, and people who can help you make your goals a reality. Be creative! Go for it!

Share your goals with your TRIO advisor—we are interested in your all-around success!

Joanne
Joanne Martin
Director of TRIO Student Support Services

Advising and Registration for Spring

Registration for Spring Quarter, 2006 will begin on February 13. While it may seem like you have a long time to prepare, experience shows that time slips by quickly during winter quarter. Plan ahead by meeting with your TRIO advisor sometime in early February 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 late January, you can schedule a registration appointment with your TRIO advisor around the date 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.
Save the Date for National TRIO Day—Friday, February 24

Bring your lunch and join us on Friday, February 24 as we gather in the Glacier Room from noon—1:30 p.m. to celebrate National TRIO Day and the contributions of our nation’s TRIO programs.

What is so special about TRIO?

TRIO programs (Talent Search, Upward Bound, Upward Bound Math/Science, Veterans Upward Bound, Student Support Services, Educational Opportunity Centers, and the Ronald E. McNair Post-Baccalaureate Program) have been providing valuable support services to help students from first-generation and low income families successfully enter college and graduate for over 30 years. Since 1965, an estimated 2 million students have graduated from college with the special assistance and support of our nation’s TRIO Programs.

Although 11 million Americans could qualify and benefit from access to TRIO programs, federal funding currently permits less than 7 percent of the eligible youth and adults to be served.

Locally, TRIO Student Support Services has been a part of Green River Community College since 1994. This past year we were successful in being awarded a new grant to fund the program for the next four years. Two-hundred Green River students are served by the program each year. The celebration on National TRIO Day helps remind us and the campus community of the importance of TRIO programs and the difference TRIO makes in the lives of our participants.

Nationally, TRIO programs serve over 866,000 students annually as these students are supported in preparing for, attending, and completing college.

Did you know?

The following statistics may surprise you. Did you know....

- Nearly 17 percent of the general college population at GRCC has a disability?*
- Almost 68 percent of GRCC students demonstrate a need for academic support as determined by placement on the COMPASS exam?*
- Over half of Green River’s students meet low income guidelines set by the federal government?*
- 70 percent of Green River Community College students are first-generation college students?*

The need for TRIO Student Support Services is alive and well at Green River Community College. While we are funded to serve only 200 participants, there are clearly many more students out there who could qualify for our services. If you know someone who is curious about what we can provide our students, bring them by the TRIO Office and we’ll be happy to give them more information about our program.

* Data based on SSS Eligibility Survey administered Summer 2004 and COMPASS assessments

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Scholarship Tips

January through April is the traditional “Scholarship Season” for colleges and universities. If you are planning on transferring for Fall 2006, you should plan on getting your scholarship applications in the mail soon—many schools have deadlines in January and February. In addition to scholarships available through your intended transfer institution, you should also apply for the Sharp Family Transfer Scholarship which is offered through the Green River Community College Foundation. (deadline is April 28, 2006)

If you will be returning to Green River in Fall 2006, you should consider applying for a Foundation scholarship. On Tuesday, March 14, TRIO will be offering a special workshop on how to prepare for the application process and the details of what makes for a strong Foundation scholarship application.

Nearly all scholarship applications require you to get at least one letter of recommendation. The following tips may make asking for and getting a good recommendation letter a bit easier:

1. The best recommendations come from people who are familiar with your work (instructors, advisors, employers, community leaders, etc)
2. Make a list of potential letter-writers and begin asking them as soon as possible.
3. The people writing your recommendation letters are doing you a favor so make it easy for them by being organized and courteous. You should give them at least 3 weeks notice and provide copies of any pertinent information needed (which may include addresses, deadlines, your resume or data sheet detailing your achievements, a copy of your transcripts, a copy of the form to be completed, and perhaps your portion of the application for them to read over).

It is a good habit to build if you always send a thank-you note to those who write you a recommendation letter. You never know when you may ask for their recommendation again and sending a thank-you leaves a good impression.

Financial Aid for Fall 2006

Believe it or not, it is time to begin thinking about applying for financial aid for next fall. The 2006-07 Free Application for Federal Student Aid (FAFSA) is available in the Financial Aid Office. The 2006-07 FAFSA and Green River Community College Financial Aid Application are printed in blue; the current school year (2005-06) is printed in green.

If you are planning on transferring for the 2006-07 school year, you will need to plan on completing the FAFSA soon—many universities have very early financial aid priority dates.

As a reminder, it is always quickest to file your FAFSA online at www.fafsa.ed.gov. To do so you will need to make sure that you (and your parents if you are a dependent student) have a working PIN provided by the Department of Education.

Don’t wait until the last minute to apply or ask questions—plan to attend the TRIO Financial Aid workshop on Tuesday, January 24 to be ahead of the game.

Textbooks, Calculators, and Laptop Computers (oh my!)

We are fortunate to have a growing collection of textbooks, TI-83 Plus Calculators, and 4 laptop computers available to lend to TRIO participants.

Textbooks and graphing calculators are checked out on a quarterly basis. They must be turned back in at the end of the quarter. If you anticipate needing the item again (for example, you are in another math class and would like to use a calculator) you must request the item ahead of time. You may add your name to the reservation list only after you have registered for the upcoming quarter. However, if demand for any resource item exceeds supply, we may not be able to meet your needs for that quarter.

TRIO has a supply of four laptop computers that can be checked out for 2 weekdays or a weekend. Laptops are also available on a first-come, first-served basis. You may reserve one for special projects up to one week in advance of the dates you need it.

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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)
Kathi Anderson-Marshall, Program Manager (ext. 2658)
Christine McMullin, Retention Specialist (ext. 2661)
Lindell Bruce, TRIO Ambassador (ext. 2655)

“Eighty percent of success is showing up.”

Woody Allen (1935—)

If a large part of being successful is simply being there, make it your 2006 resolution to not only attend all your classes but to also “show up” mentally each and everyday. Let TRIO know how we can help you with the other 20 percent of success.

Best wishes for a happy, healthy, and successful 2006!