

February 2021 - TRIO STEM News

February is the month to celebrate many of our TRIO STEM participants.

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history. (<https://www.history.com/topics/black-history/black-history-month>)

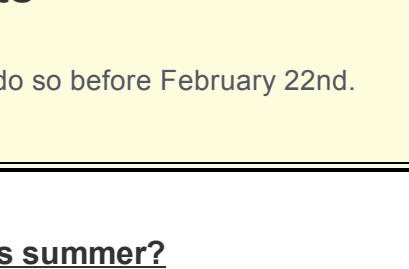
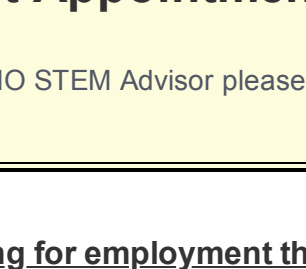
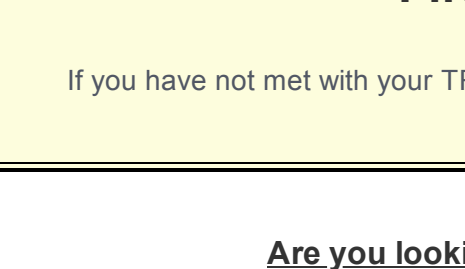
Vietnamese New Year: Tet Nguyen Dan, or Tet for short, is considered the biggest and most popular festival of the year in Vietnam. Celebrated on the first day of the first month in Lunar Calendar, Tet's celebration is the longest holiday which may last up to seven to nine days. Vietnamese New Year in 2021 will last from February 10th-16th, 2021. (<https://www.vietnamonline.com/tet.html>)

Lunar New Year marks the first new moon of the lunisolar calendars traditional to many east Asian countries including China, South Korea, and Vietnam, which are regulated by the cycles of the moon and sun. As the New York Times explains, "A solar year—the time it takes Earth to orbit the sun—lasts around 365 days, while a lunar year, or 12 full cycles of the Moon, is roughly 354 days." (It is not the same as Chinese New Year.) <https://www.qprahmag.com/life/a34892893/what-is-lunar-new-year-festival/>

For Events related to Black History Month or Asian American & Pacific Islander Heritage Celebration go to the Office of Multicultural Affairs website at www.gvsu.edu/oma.

We live in a global society.

Learning about other cultures is a privilege that you can partake in.



First Appointments

If you have not met with your TRIO STEM Advisor please do so before February 22nd.

Are you looking for employment this summer?

You could be one of the **Orientation Assistants** to welcome new Lakers to campus.

The application for the Summer Orientation Assistant position is now available online via Handshake. If you have questions about this please contact Linda and she will provide you with more information. The deadline to apply is March 1st.

TRIO STEM Preparing YOU for Professional Success

"While you may think that choosing the "right" major is key to getting a good job, your long-term professional success will depend far more on acquiring the right skills for a rapidly changing workplace." (AAC&U). The top ten things employers look for in new college graduates were then listed.

This month we will begin a series of workshops addressing these career "soft skills". This semester we will be addressing "Written Communication" and "Ethics 101". The workshops are part of the Career Centers SE+ student modules.

TRIO STEM EVENTS***

February 8th from 12:00-1:00pm and February 9th from 4:00-5:00pm - *Budgeting 101* using iGrad.

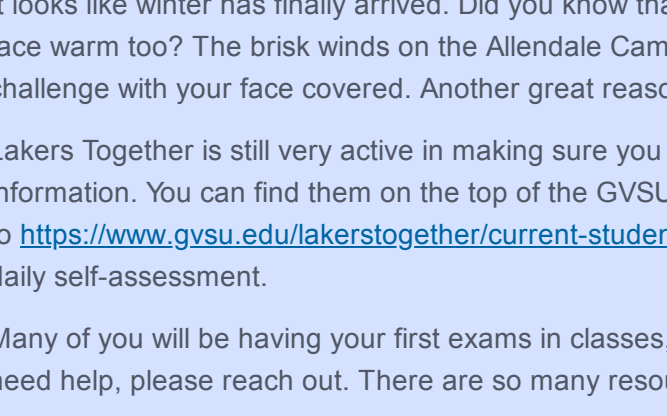
February 10th from 3:00-4:00pm - *Nursing Student Panel* If you are thinking about a career in Nursing, this is an opportunity to hear first-hand experiences from our own TRIO STEM nursing students.

February 15th from 12:00-1:00pm and February 16th from 4:00-5:00pm - *Complete Your FAFSA Form Workshop*. Financial aid representatives will be available to help you complete your FAFSA.

February 18th from 1:00pm-2:00pm - *Black History Month Lunch and Learn*. Join us as we learn from Dr. Rik Stevenson, an expert in the African American community.

February 22nd from 12:00-1:00pm and February 23rd from 4:00-5:00pm - *Career Skills - Written Communication Workshop*. This is one of the top ten skills employers claim that college graduates are not skilled in.

***Click on the TRIO STEM event flyers to be taken automatically to the RSVP form.



Virtual Life

It is almost a year since our virtual lifestyle has begun. For many, this has not been an easy adjustment. Isolation, fears, and changes that occur quickly can cause stress even to the strongest person. As part

of the Grand Valley State University family you have many resources to help you through these uncertain times. If you are in need of stress relief, anxiety reduction or mental health check-in, please contact the University Counseling Center. The social justice centers are available for students as are your TRIO STEM advisors. Please reach out to someone.

It looks like winter has finally arrived. Did you know that wearing your mask keeps your face warm too? The brisk winds on the Allendale Campus seem to be less of a challenge with your face covered. Another great reason to wear your mask.

Lakers Together is still very active in making sure you have the most accurate information. You can find them on the top of the GVSU homepage or by going to <https://www.gvsu.edu/lakerstogether/current-students-29.htm>. Remember to do your daily self-assessment.

Many of you will be having your first exams in classes, if you haven't already. If you need help, please reach out. There are so many resources to help you.

Each day you are moving closer to your goal - graduating from Grand Valley State University. You can do this. I believe in you.

~Dr. G.

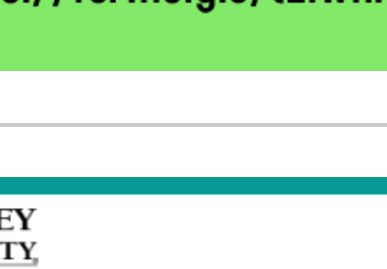


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BUDGETING 101

Where does your money go?
How can you make a plan to save?
Create a budget.

Hybrid



200 Lubbers Student Services Center

**Monday, February 8th
12:00pm - 1:00pm**

OR

**Tuesday, February 9th
4:00pm - 5:00pm**

A maximum of 10 students will be allowed to attend each Budgeting 101 session to practice safe social distancing. All other students may attend virtually.

RSVP Link: <https://forms.gle/t2iWRFr2pnJFUL2z7>

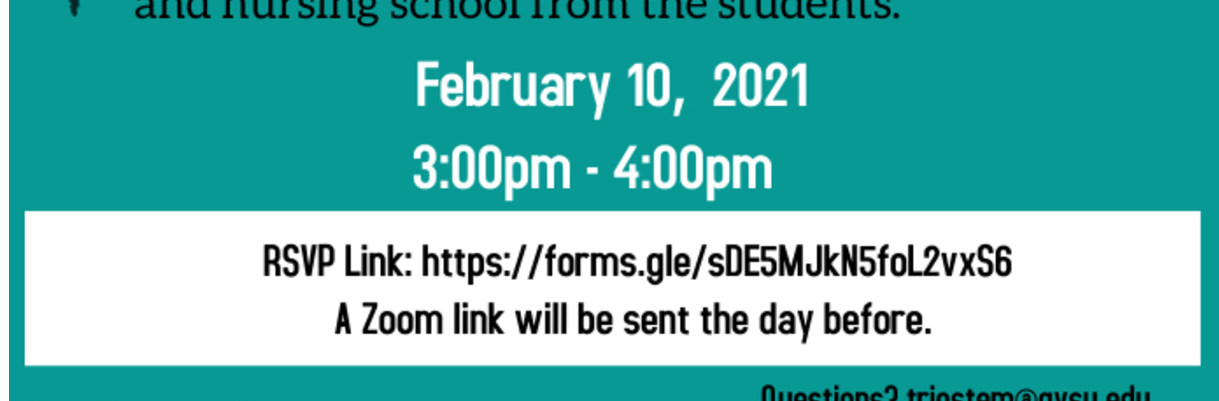
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TRIO STEM Nursing Students Virtual Panel



Engage in a Q&A session with current TRIO STEM nursing students.



Learn about the nursing school application process and nursing school from the students.

February 10, 2021

3:00pm - 4:00pm

RSVP Link: <https://forms.gle/sDE5MJkN5foL2vxS6>

A Zoom link will be sent the day before.

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Questions? triostem@gvsu.edu

Suture Clinic

WHEN: Saturday, February 13, 2021 from 8:00-10:00am

WHERE: Will be held virtually via Zoom

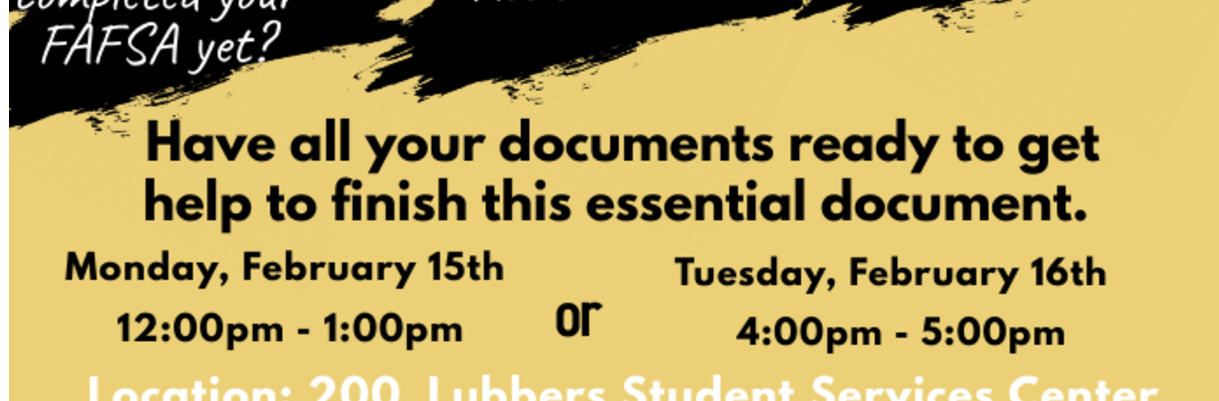
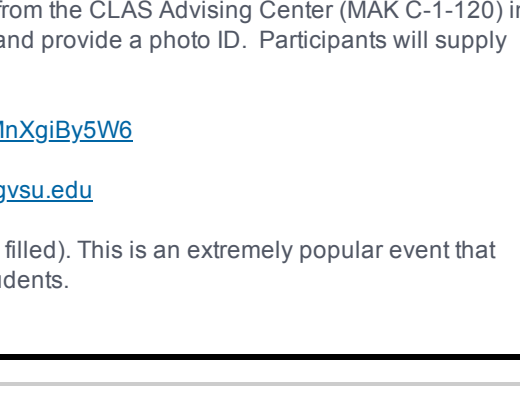
COST: \$25 to participate in the Suture Clinic. Participants will keep their suture kits after the clinic. The registration fee is non-refundable after February 10, 2021.

SUPPLIES: In order to participate, students MUST be able to come in-person to pick up their suture kit from the CLAS Advising Center (MAK C-1-120) in Allendale during one of the following pick-up dates and provide a photo ID. Participants will supply their own non-ripe banana.

REGISTRATION FORM: <https://forms.gle/CR2b6cVMnXgiBy5W6>

QUESTIONS?: Contact Alexis Schewe, scheweal@gvsu.edu

Registration will be open until **February 1st** (or until filled). This is an extremely popular event that always fills quickly. Space is limited to the first 36 students.



Have all your documents ready to get help to finish this essential document.

**Monday, February 15th
12:00pm - 1:00pm**

OR

**Tuesday, February 16th
4:00pm - 5:00pm**

Location: 200 Lubbers Student Services Center

A maximum of 10 students will be allowed to attend each FAFSA event to practice safe social distancing. All other students may attend virtually. Bring your laptops!

RVSP Link: <https://forms.gle/MdXhRf97yAugMga47>

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WORK like a LAKER conference

Steer Your Career

VIRTUALLY

March 8-18, 2021 - Work Like a Laker Conference and Career Fair
(Various session dates and times to choose from)

Steer your career and be in control of your future! COVID-19 has changed a lot about the world of work and the GVSU Career Center is here to continue you down a successful path. Attend a free Work Like a Laker virtual conference session to:

- Explore and learn about additional career paths associated with your industry
- Meet, learn from, and network with alumni and professionals in your field
- Learn how to navigate today's changing career landscape
- Enhance and discover new ways to make a positive virtual impression to land new opportunities
- Enjoy the flexible and virtual schedule - attend as many sessions as you'd like at no cost. It's as easy as clicking a button from your own home!



Appointments

Active participants are required to meet with their TRIO STEM advisor at least 3 times a semester; first year students are required 4 times. This contact can be in-person, via phone or Skype or at a workshop/seminar hosted by TRIO STEM.

You can call our office at (616) 331-5430 or go to www.gvsu.edu/triostem to Schedule Your Appointment.

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200 STU
Allendale, MI 49401

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