





programs as we can to give you opportunities to connect with your fellow TRIO STEM participants and to be more prepared for your future. With this is

Flyers for each of these are below with a linked RSVP. **Financial Literacy Workshops**

The Career Soft Skills Workshop Series allows you to complete the virtual workshops on your own time and at your own pace and get credit for attending.

Mental Health Virtual Workshops* In a world that is rapidly changing, facing pandemics and isolation, we are dealing with issues not seen in our lifetimes. Our mental health is more important than ever. The

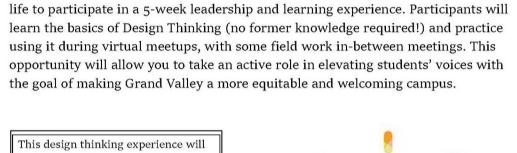
sentence paragraph about what you learned to rettigli@gvsu.edu.

October 12th Weekly Updates

- 5:00pm. Details to follow. • **FAFSA** is now ready to receive your data for the 2021-2022 academic year.
- VOTE~VOTE~VOTE Everything Lakers need to know about registering and voting are below. • What 1st & 2nd Year Preprofessional Students Need to Know - October 28th
- Michigan Medical Schools Admission Directors Panel (MMED) November 9th at 7:00pm
- There's still time to do your survey and receive a TRIO Works t-shirt. Click here to complete
 - Budgeting 101 Tuesday, October 20th from 1:00pm-2:00pm. Light lunch is served.

• Public Health in Indigenous Populations - Sunday, November 1st from 5:00pm-6:00pm

- See flyers for each of these below. You can also *click on the flyer* to reserve your
- Reimagining the Student Experience:



GVSU is committed to a policy of equal access to programs, facilities, and services. If you require additional assistance or accommodations or have questions about the project, please contact Inclusion and Equity Institute by phone at 331-4111 or email iei@gvsu.edu and ask for Sue Spears.

BUDGETING

October 20th TIME 1:00-2:00pm 200 Lubbers Student Services Building (STU)

A light dinner will be served.

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you to attend when convenient for you. We are highlighting Written Communication and TeamWork for October and November.

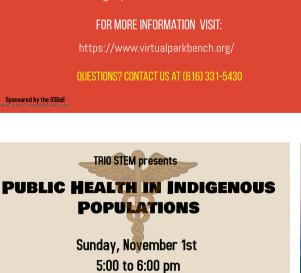
Employers have identified the top ten things they look for in new college graduates. These are referred to as "Soft Skills". 1. Team work 2. How technology is used

To attend a workshop go to https://www.gvsu.edu/studentjobs/student-employee-training-55.htm

MENTAL HEALTH Virtual Workshops

www.gvsu.edu/counsel/healthy-lakers-virtual-workshops-320.htm Send your email to rettigli@gvsu.edu. FREE TRIO Mask **Topics Include:** Adjusting to COVID-19
Anxiety management during COVID-19
Depression management during COVID-19
Grief and loss Nutrition and neurotransmitters during COVID-19 Self-compassion Stress management Racial trauma management and self-care

RSVP at forms.gle/RLNwHYVHhnbGBBWg8 A light dinner will be served. RSVP - https://forms.gle/ZVkkATnyV9y8Epks9 info: 616-33<u>1-5430</u> triostem@gvsu.edu Video by the University Counseling Center Any questions contact616-331-5430 or triostem@gvsu.edu



Associate Dean of Diversity, Equity, and Inclusion Director, MPH Program & INMED Program Professor, Family & Community Medicine UND School of Medicine and Health Science Coaches at www.gvsu.edu/sasc RSVP at https://forms.gle/AwvX9Ensnr4XqygP7 STUDENT LIFE VOTEIN

MEET WITH A MENTOR ACCOUNTABILITY HOURS 1 HOUR NO PHONE CHALLENGE

> **Appointments** advisor at least 3 times a semester; first year students are

Active participants are required to meet with their TRiO STEM required 4 times. This contact can be in-person, via phone or

200 STU

University Counseling Center has created self-guided virtual workshops. *Virtual workshops will count as a contact after you finish and follow up with a 3-4

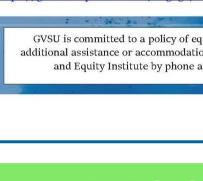
• Career Fair: Work Like a Laker is being held October 1st through the 15th. Attendance at any of their events counts as a contact for you!! • Study Tables - Join TRIO SSS Classic's Peer Mentors for Virtual or In-Person

TRIO STEM Events

• **Volunteer** - Virtual volunteering with nursing home residents.

- Hey Lakers We need you! We are looking for 20 students from different walks of

be led by two dynamic GVSU alumnus who use innovative practices in equity work in diverse communities and all over the country! Meeting times: Friday 10/30, 1-3pm (Pre-Work) Friday 11/13, 1-4pm (Meet Up 1) Friday 11/20, 1-4pm (Meet Up 2)



Friday 12/4, 1-4pm (Meet Up 3)



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

RSVP - https://forms.gle/ZVkkATnyV9y8Epks9 info: 616-331-5430 triostem@gvsu.edu

October - Written Communication November - Team Work

3. Written communication 4. Solve complex problems 5. Develop workable solutions to problems 6. Creative and innovation problem solving 7. Understand the global context of work 8. Apply knowledge and skills in new settings

9. Understanding of numbers and statistics 10. Strong sense of ethics and integrity

TRIO STEM with University Counseling Center **PRESENTS**

Your mental health is just as important as your physical health. Many times in our busy lives we neglect it and let it overwhelm us. Watch a virtual workshop on your own time. October 13th to November 20th

As an added incentive, we will be offering a free TRIO mask to anyone who watches any video and sends us an email with 3-4 sentences about the video. Access videos at

Where does your money go? How can you make a plan to save? Stress Managment On-line Seminar Create a budget. Virtual Workshop

TRIO STEM presents

October 20th

TIME 1:00-2:00pm

COUNSELING CENTER

Graduate

School Fair

Motivation and Procrastination

2:00-2:45 pm

Allendale Township Satellite Clerk's Office at GVSU

STUDENTS CAN:

Register to vote for the first time Re-register in Allendale using your GV address, if you are already registered somewhere else Request an absentee ballot Submit your absentee ballot and VOTE in person

COMMUNITY SERVICE LEARNING CENTER

gvsu.edu/service mi.gov/vote

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GRAND VALLEY STATE UNIVERSITY,

200 Lubbers Student Services Building (STU)

GRAND VALLEY STATE UNIVERSITY



Virtual Workshop Tuesday, November 3rd Donald Warne, MD, MPH Oglala Lakota RSVP at www.gvsu.edu/sasc/virtual-academic-success-workshops-142.htm For more information contact the Academic Success

LOCATION AND HOURS Kirkhof Center 0072 Open 10/13 through 11/3 Virtual: RSVP for ZOOM Link Week of 10/13 is *registration only* Absentee ballots accepted starting 10/20 In Person: RSVP to reserve a sea *only 15 seats available per day WHO CAN UTILIZE THE SATELLITE CLERK'S OFFICE? \bigstar ELECTION DAY IS TUESDAY 11/3 \bigstar

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

> 1 Campus Drive Allendale, MI 49401

Subscribe to our email list.

The first Financial Literacy Workshop is "Budgeting 101". It will be held in-person on Tuesday, October 20th, from 1:00pm-2:00pm in 200 STU, with a light lunch served. Career Soft Skills Virtual Workshop Series*

New Programs in TRIO STEM We are working hard to accommodate as many mind we have created several new programs in collaboration with our campus partners.

- https://forms.gle/DqUyEEYzsiCrSier8.

Study Tables. RSVP here or click on the flyer below • University Counseling Open House - Wednesday, October 28th from 4:30-

yours today. Click here to go to https://gvsu.co1.qualtrics.com/jfe/form/SV_4MatNc982nsybD7 • Stressed Out? - Wednesday, October 14th from 4:00-5:00pm. • Graduate School Fair - Mark your calendars for Wednesday, October 21st from 10:00am to 1:00pm. (See flyer)

• Motivation and Procrastination - Tuesday, November 3rd from 2:00pm to 2:45pm.

A Learning and Design Thinking Sprint

To be considered for the team, please submit a short interest form by Oct. 26th at: https://gvsu.campuslabs.com/engage/submitter/form/start/449398 or search "Peer to Peer" in LakerLink.



workshop you attend counts as a contact. The virtual workshops are set up for

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v October

Stressed

RTUAL PARK

In this new webinar, Dr. Donald Warne (Oglala Lakota) shares what Native people and communities need to be aware of and consider when dealing with COVID-19, by providing an in-depth look into indigenous health, history, and policy.

HOSTED BY PEER MEN October 13th - November 12th Tuesday- Thursday 4:00pm - 6:00pm

Your Appointment.

For More Information Contact: 616-331-3401 triosss@gvsu.edu

Unsubscribe from future emails.