

Welcome to Fall 2020

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September Events (Virtual)

- **2020 Vision** - September 9th - What is your 2020 Vision? Join us to make your own vision board. (See flyer below for details).
- **Time Management Workshop** - September 15th - Don't let your time slip by! Join us to learn more about how to use a planner and prepare for the semester. (See flyer below for details).
- **Build Your Resume and Cover Letter** - September 23rd - First-years to Seniors: This skill is a sought after skill by college students.
- **Study Strategies Workshop** - September 30th - Need new ways to study? Old ways not working? Just need different ideas for different classes? This is the workshop for you.

From the Director

Welcome Everyone!

2020 is unlike any other year at Grand Valley State University (GVSU) and across our nation. We have been faced with unrest associated with the global pandemic as well as racial justice.

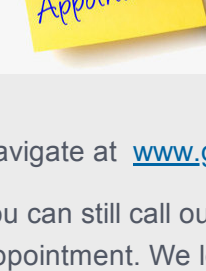
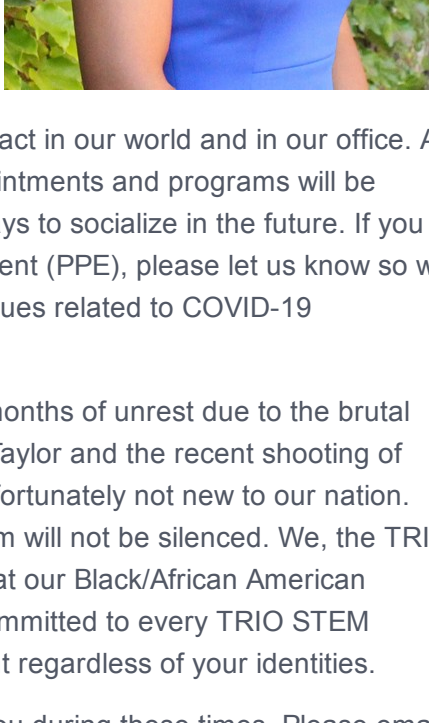
For most of you the majority of your classes will be online or hybrid. This may affect you and your peers in different ways. If connectivity, technology and access is an issue please let us know immediately as there are resources to help.

The global pandemic has changed the way we interact in our world and in our office. As you probably already know the majority of our appointments and programs will be virtual however we are committed to finding safe ways to socialize in the future. If you struggle with accessing Personal Protective Equipment (PPE), please let us know so we can help. Moreover, if you have any concerns or issues related to COVID-19 quarantine or isolation, we can be a resource.

Lastly, and equally unfortunately, there have been months of unrest due to the brutal killings of George Floyd, Ahmaud Arbery, Breonna Taylor and the recent shooting of Jacob Blake. These unjust killings/shootings are unfortunately not new to our nation. Our outcry and disgust with unjust killings and racism will not be silenced. We, the TRIO STEM staff, at GVSU, are committed to ensuring that our Black/African American students feel safe and valued. Moreover, we are committed to every TRIO STEM participant. Your success and wellness are important regardless of your identities.

Please remember we are here to support each of you during these times. Please email any TRIO staff if you would like to share your thoughts or want additional resources to help you manage during these tremulous times.

Dr. G



Appointments

FALL 2020 Appointments are all virtual or phone. Once you make your appointment you will need to let us know which you prefer. If no option is given we will assume it is a phone appointment.

Navigate is used to schedule your appointments. You can go directly to Navigate at www.gvsu.edu/navigate.

You can still call our office at (616)331-5430 or go to www.gvsu.edu/triostem to Schedule Your Appointment. We look forward to working with you this semester.

***If you are coming to the offices for any reason you will be asked to show your GREEN Self-Assessment.**

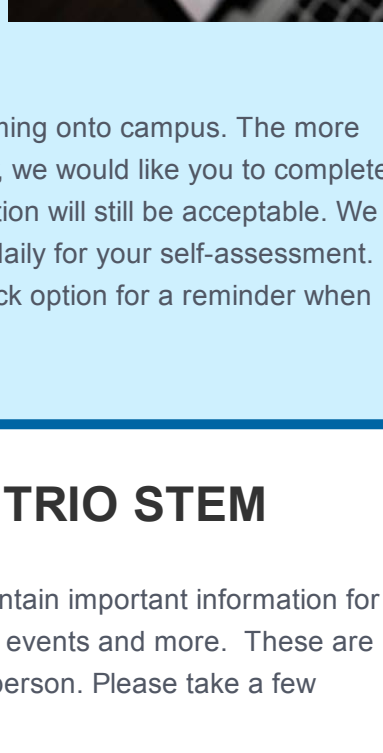
Daily Testing

Self-Assessment

Creating a safer environment is a shared responsibility among all who come to GVSU, including our off-campus partners. The university is strongly encouraging everyone to fill out a web-based self-assessment (accessed by phone, tablet or computer) daily, whether you are coming to campus or not:


<https://www.gvsu.edu/hro/selfassessment-login.htm>

Please be prepared to share your green heart when coming onto campus. The more people that complete the assessment, the better. Ideally, we would like you to complete the self-assessment by noon each day, but later completion will still be acceptable. We have added an option for sending a calendar reminder daily for your self-assessment. If you are interested in receiving the daily reminder just click option for a reminder when you fill out your next assessment.



Keeping Up to Date with TRIO STEM

We will be sending our weekly newsletter. These will contain important information for you regarding our program, TRIO STEM events, GVSU events and more. These are valuable to you especially since we are not meeting in person. Please take a few minutes to read these each week.



UNIVERSITY COUNSELING CENTER
STUDENT AFFAIRS

WHAT IS RACIAL TRAUMA?

Emotional or physical pain that results from experiences of racism. It involves ongoing and collective injuries due to exposure and re-exposure to experiences of racial discrimination.

YOU MIGHT EXPERIENCE

- Anger
- Sadness
- Fear
- Numbness
- Disconnection
- Hypervigilance
- Increased sensitivity to threat
- Anxiety
- Tension
- Intrusive thoughts or images
- Decreased immune system functioning
- Difficulty focusing or concentrating
- Irritability

RESOURCES

University Counseling Center
www.gvsu.edu/counsel | (616) 331-3266

- Teletherapy for currently enrolled GVSU students
- Black Student Support Resources at www.gvsu.edu/counsel/blacksupport

Office of Multicultural Affairs
www.gvsu.edu/oma

Division of Inclusion and Equity
www.gvsu.edu/inclusion

SELF-CARE

- Take a break from social media and news
- Do things that make you feel safe and happy
- Acknowledge and validate your own feelings (anger, fear, and sadness are normal responses to racial trauma)
- Communicate/share your feelings with those who can support you
- Plan activities that promote a healthy mind, body, and spirit
- Journal your thoughts and feelings
- Share personal stories of racial experiences with people you trust

8 TIPS FOR STUDYING AT HOME EFFECTIVELY

1. Try Active Studying

Active studying is as simple as asking questions before, during, and after study time. Not only does this help to give your study session direction, but it also helps keep you on track and reflect on how to improve for your next study session!

Questions to ask yourself before you study:

- What am I about to learn?
- What do I already know about this subject?
- Questions to ask yourself while you study:
- How does this information fit into a bigger picture?
- Do I understand what I have just read?
- Can I paraphrase it?
- Are there any key words or ideas that I need to write down? Why are these words and ideas important?

- Questions to ask yourself after you study:
- What can I take away from this study session?
- What do I need to review or learn next time?

2. Get A Good Night's Sleep

Students of all ages should get at least eight hours of sleep every school night. It's the best way to ensure that the brain is refreshed and ready to process all of the information learned during the day. It may be tempting to stay up late to cram, but it's more beneficial to get enough rest.

A full night's sleep is especially important the night before a test—a good night's sleep makes you more alert and improves memory for test material, leading to better test results.

3. Study At The Right Time

Every student has his or her own daily highs and lows. Some people are night owls while some people prefer the morning. Take advantage of the time of the day you feel most productive, and don't try to force yourself to study when your brainpower isn't at its peak. Try to study when you are most alert, so you are able to process and retain the information that you are studying.

4. Have A Designated Study Area

Whether it's the kitchen table or the desk in your bedroom, create an area to study that is a designated study zone. Try to reserve your bed for sleeping and avoid studying in it (it can be all too easy to take a nap!). Most importantly, keep your study space clean and organized so you can put more time into studying (and less trying to find a pen that works).

5. Eat Properly

Don't forget to eat! Your body (and your brain) needs fuel to help stay in top form. Plus, it's difficult to focus when your stomach is growling. Have healthy snacks while you study, but make sure they're prepared in advance so you don't spend too much time away from your work. More time away means more opportunity to be distracted!

6. Get Chores Out Of The Way

Take care of daily chores before starting your study session to avoid interruption, or being distracted by an unfinished to-do list. Getting chores out of the way makes it much easier to focus on the task at hand. Plus, you can look forward to relaxing when your study time is done rather than dreading the chores that need to be completed.

7. Create A Timetable

Creating a timetable helps organize your time, schedules your breaks, and is especially useful when you have multiple subjects to study. Write your schedule down so you can remember it and refer to it often. Set reasonable limits for how much time you spend studying each day, and break your study session up into manageable chunks of time.

8. Use A Timer

Use a timer to help keep track of time and to make sure you stick to the timetable you created. Setting a timer helps keeps you focused on the task at hand, committed to working until the timer goes off, and helps keep you on track to cover all the material you need to. Above all else, it helps keep your break time effective and guilt-free (because you've earned it!).

From Oxford Learning <https://www.oxfordlearning.com/tips-for-studying-at-home/>



UPCOMING EVENTS 2020

SEP 9

2020 Vision

SEP 15

Time Management Workshop

SEP 23

Build Your Resume & Cover Letter

SEP 30

Study Strategies Workshop

OCT 6

FASFA & Scholarships

OCT 7

TRIO Open House

OCT 12-13

Midterm Break Room

OCT 14

Stressed Out?

FIRST SIX WEEKS

Visit our website for more upcoming events
www.gvsu.edu/triostem

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2020 Vision

JOIN US AS WE TALK ABOUT OUR VISIONS, ASPIRATIONS, & GOALS FOR THIS SCHOOL YEAR!

Sept. 9, 2020

TIME: 4:00PM-5:00PM
LOCATION: VIRTUAL

Sponsored by the USDE



Time Management Workshop

Zoom Meeting Time: 2:00-2:45pm

- Planning Techniques
- Study Skills
- Productivity Tips
- Virtual Learning

RSVP:
www.gvsu.edu/sasc/coaching

Ph: 616.331.5430
Email: triostem@gvsu.edu

TRIO
STUDENT SUPPORT SERVICES

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