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A MESSAGE FROM THE DIRECTOR:

Welcome to TRIO Student Support Services (SSS) at Texas A&M University-Texarkana!

It is my hope that you all had a great, relaxing summer break. As we enter into the new 2019-2020 academic year, I would like to take this opportunity to share the wonderful services and benefits we have in store for you.

- **Academic Support** (24/7 Online Tutoring, Academic Advising, Academic Coaching, Academic Workshops)
- **Financial & Economic Literacy Education**
- **Professional Development**
- **Cultural/Educational Enrichment Opportunities**
- **Technology Assistance** (Computer Lab, Unlimited Printing, In-Office Equipment Loans)
- **Supplemental Grant Aid** (For those who qualify and meet requirements)

Everyone in TRIO SSS encourages your involvement and participation in all aspects of your educational and personal development. Reach out to the TRIO SSS staff, the campus community (faculty, staff, organizations, and departments), as well as your peers for support as you transform your dream of achieving a college degree into reality. The TRIO SSS staff looks forward to working with you and exploring the various ways to make your time at A&M-Texarkana an exciting and worthwhile experience!

As you read this newsletter, we have a lot of exciting news and activities to engage in this academic year and I expect great interests from you by visiting the TRIO SSS office located in the University Center (UC), Room 335 for more information or contact us via e-mail at trioss@tamut.edu.

Thank you and best wishes on another successful year at A&M-Texarkana. TRIO WORKS!

Brittany V. Barnett
Director, TRIO Student Support Services
Texas A&M University-Texarkana
THE TRIO SSS MISSION:

To provide an academic and personal support system to meet participants' individual needs, enabling them to persevere and be successful in attaining their desired degrees.

TRIO Student Support Services is a 100% federally funded grant program, issued by the U.S. Department of Education with an annual budget of $253,032. Students who are enrolled with the University can apply for the program if they are a U.S. citizen, or national or permanent resident. The student must then meet at least one of the following eligibility criteria: first-generation (parents/guardians do not have a Bachelor's Degree), low-income (according to federal guidelines) or have a documented disability, in order to be fully accepted into the program. Our staff is determined and works hard to encourage each participant to reach their academic goals.

The TRIO SSS program also offers services and benefits such as: academic coaching and tutoring, financial and economic literacy, advising, professional development, cultural and educational events, and supplemental grant aid (for those who qualify and meet the requirements). Workshops are also provided each semester which cover various topics. The purpose of the workshops is to increase participant's knowledge concerning these particular topics, and the knowledge they gain will hopefully help them on their educational journey, as well as in their life. The TRIO Student Support Services program has been successful since it's integration at the University in 2015, exceeding the program's annual objectives by 10-15%. We are excited about the fall semester and by consistently supporting our participants, we know that they will continue to shine and reach academic success!
WHAT IS CLUB TRIO?

Club TRIO is a special interest organization that works to promote civic engagement within our community, further student leadership, and provide a community for first-generation, low-income, and students with documented disabilities.

This semester Club TRIO plans on hosting multiple events for students on campus, and volunteering in our local community. For those who are already in TRIO SSS and not a member of Club TRIO, we would love to have you as a member and highly encourage you to fill out an application!
President: Payton Green

Major: Psychology
Classification: Junior
Fun Fact: Payton has a pug named Lulu and loves 80's movies

TRIO SSS Student Worker
Contact Info: UC 335
Phone: 903-334-6788
Email: payton.green@ace.tamu.edu

"TRIO has helped me be more confident and TRIO gives me the support I need to get through the stresses of college."

-Payton
MEET THE CLUB TRIO EXECUTIVE COMMITTEE

Vice President: Sharnell James

Major: English
Classification: Junior
Fun Fact: If Sharnell could only bring 2 items to an island, a book would be one of them

"I like both Trio and Club Trio because of the sense of community and support. Everyone genuinely cares for the success of the person and not just as a student."

- Sharnell
MEET THE CLUB TRIO EXECUTIVE COMMITTEE

Secretary: Ariana Thompson

Major: Biology
Classification: Junior
Fun Fact: Ariana enjoys playing the violin & her favorite color is yellow

"TRIO has helped me come out of my shell and become more open to new friendships and opportunities in my student life."

-Ariana
Treasurer: Neysa Dominguez

Major: Computer Science  
Classification: Sophomore  
Fun Fact: Neysa graduated from an all girl high school, Irma Lerma Rangel Young Women's Leadership School, and she is an identical twin

"I like TRIO because it is dedicated to help all who are low income, have disabilities and are the firsts in their family to go to college."
-Neysa
MEET THE CLUB TRIO
EXECUTIVE COMMITTEE

Historian: Jovanna Dominguez

Major: Electrical Engineering
Classification: Sophomore
Fun Fact: Jovanna enjoys playing sports & helping out in anyway she can.

"I personally like TRIO because it's an additional resource that helps me in my academic career."

-Jovanna
### Fall 2019 Workshop Schedule

**Note:** Event details are subject to change. Rev 6/20/19

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
<th>Location</th>
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<tbody>
<tr>
<td>Thursday, September 5, 2019</td>
<td>12-1pm</td>
<td><strong>TRIO SSS Orientation (New Participants Only)</strong></td>
<td>UC 210</td>
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<tr>
<td></td>
<td>4-5pm</td>
<td><strong>TRIO SSS Orientation (New Participants Only)</strong></td>
<td>UC 217</td>
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<td></td>
<td></td>
<td>Speaker: TRIO SSS Staff</td>
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<tr>
<td>Thursday, September 12, 2019</td>
<td>12-1pm</td>
<td><strong>Financial Literacy Workshop</strong></td>
<td>UC 210</td>
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<tr>
<td></td>
<td>4-5pm</td>
<td><strong>Financial Literacy Workshop</strong></td>
<td>UC 217</td>
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<tr>
<td></td>
<td></td>
<td>Speaker: Michael Fuller-Director of Financial Aid</td>
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<tr>
<td>Thursday, September 26, 2019</td>
<td>12-1pm</td>
<td>Tips For Academic Success</td>
<td>UC 210</td>
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<td>Speakers: TRIO SSS Staff and Club TRIO Officers</td>
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<td>Every Friday in October 2019</td>
<td>9-11am</td>
<td>TRIO SSS FAFSA Fridays</td>
<td>UC 324</td>
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<td></td>
<td>2-4pm</td>
<td>*Assistance with completing FAFSA Only</td>
<td>UC 244</td>
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<td>Thursday, October 10, 2019</td>
<td>12-1pm</td>
<td>Panel of Success (CBET)</td>
<td>Eagle Hall</td>
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<td></td>
<td></td>
<td>Speaker: Faculty/Staff/Student Panelists</td>
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<tr>
<td>Thursday, October 24, 2019</td>
<td>12-1pm</td>
<td>Let's Talk Money! (Scholarship and Budgeting)</td>
<td>UC 210</td>
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<td></td>
<td></td>
<td>Speakers: TRIO SSS Staff</td>
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<tr>
<td>Thursday, November 7, 2019</td>
<td>12-1pm</td>
<td>Graduate School Bootcamp</td>
<td>UC 210</td>
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<td></td>
<td>4-5pm</td>
<td>Speaker: CBET-Jim Bynum/CASE-Susan Gleason</td>
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<tr>
<td>Mon-Wed, December 9-11, 2019</td>
<td>All Day</td>
<td>Sustain Your Brain—Free Snacks with Team Success</td>
<td>UC 330</td>
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**Required for all active TRIO SSS Participants and Supplemental Grant Aid Applicants (unless you have completed Orientation); you must attend a financial literacy workshop each semester.**

*Note: We offer some events in partnership with Financial Aid, Counseling Services, Career Development, PLACE, International Studies, Graduate Studies and Research, and the Student Success Center.*

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The U.S. Department of Education finances the TRIO SSS Program 100% with a $253,032 annual budget of federal grant funding.
WHAT'S HAPPENING ON CAMPUS?

- September 17th: Open Mic Night 6-8pm (Patterson Center Gallery)
- September 18th: Eagle Food Pantry Opens 5:00pm (SCIT 317)
- September 19th: PLACE "Real Talk" 12:00pm
- September 26th: TRIO SSS Tips for Academic Success 12-1pm (UC 210)
- September 25th & 26th: A&M's Got Talent Auditions 11:00am (Eagle Hall)

WHAT'S HAPPENING IN OUR COMMUNITY?

- Friday, Sept. 13th - Sunday, Sept. 22nd: 75th Annual Four States Fair begins at 5:00pm (Four States Fairground)
- Saturday, Sept. 14th: 1894 Market Trade Days Rodeo Parade & Live Music 9:00am-3:00pm (1894 City Market & Gallery)
- Saturday, Sept. 28th: Battle on the Border 5:00-10:00pm (On the Border)
1. Stay organized

Often times you have to remember several different homework assignments, due dates, and campus events. When you have to remember all this information, things are often forgotten or mixed up. Having a planner is a great tool to stay organized and stay on top of things. Additionally, sticky notes are a great way to remind yourself of daily tasks or responsibilities, and can be placed almost anywhere. Placing sticky notes on familiar places like your refrigerator, desk, or mirror insures that you see your reminder.

2. Be healthy

As a college student, you are often running around in a million directions and sometimes it's easier to eat a quick bowl of ramen. While ramen noodles taste good, it doesn't have the nutritional value that you need. It is important to squeeze in a healthy meal or two every now and then. For instance, try replacing a doughnut with a piece of fruit for breakfast or a snack.

3. Find a balance

School and/or work can become overbearing and stressful. One of the most important things while being in college is finding a way to balance school, work, and personal time. While keeping your grades up and staying on top of your assignments is important, take some time out of the day for yourself. Whether it's a few hours or a few minutes take the time to relax, hang out with your family or friends, or take a walk around campus.
STUDENT SPOTLIGHT

MATTHEW WASHINGTON

Major: Nursing
Classification: Sophomore

"I like TRIO because they motivate me, make me feel secure and accepted, and provide me with opportunities."
-Matthew
Raised in Haynesville, Louisiana, Matthew Washington was looking for a community that would accept him for who he is. Now living in Houston, Texas, Matthew is the youngest of five siblings and enjoys spending time with his nieces and nephews. While he's visiting home on school breaks, Matthew spends his spare time volunteering at local nursing homes in his community.

When Matthew was searching for LGBTQ+ friendly colleges, Texas A&M University - Texarkana was one of the first choices that popped up. Coming into college he was looking for an environment that would be open to the LGBTQ+ community, and he was able to find that here at A&M - Texarkana. Another reason why Matthew chose TAMUT is because of the amount of clubs, organization, and all the events happening on campus. A&M - Texarkana made Matthew feel comfortable and welcomed, and he soon joined several clubs and organizations on campus.

Matthew has become a leader on campus and is part of TRIO SSS, CLUB TRIO, Theta Chi, and RHA. Through the various organizations and clubs that Matthew participates in, he hopes to make incoming students feel as welcome and excited as he was when he first came to TAMUT.

After Matthew graduates from nursing school, he plans on moving to Colorado and invest in property. He also plans on pursing a ballet degree and travel the world.
CONTACT US!

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Email: dnix@tamut.edu

You can also contact us at triosss@tamut.edu