WHAT'S IN THIS ISSUE:
- Page 2: Workshop Schedule
- Page 3: Priority Registration
- Pages 4-5: October is...
- Pages 6-10: Tricks & Treats
- Pages 11-16: Campus Events
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- Pages 19-20: TRIO Star
Fall 2020 Workshops

TRIO SSS Orientation
(Required for all participants)
Thursday, Sept. 17th @
(12:00-1:00pm CST) via Zoom

Financial Literacy:
Online Financial Aid Education
Thursday, October 15th @
(12:00-1:00pm CST) via Zoom

Career Development:
Career Goals
Thursday, November 12th
@ (12:00-1:00pm CST) via Zoom
One of the new TRIO SSS services recently introduced is priority registration. Priority registration allows you the first chance to register for your classes the following semester. Priority registration is typically based upon your current classification, but as a TRIO SSS participant you get to register early regardless of classification. In order to register during priority registration, you will need to meet with your academic advisor, AND complete our advising and registration form. After completing the form, you will be individually emailed your PIN number, which you can input in the add/drop classes section of your web for students when registering for your classes. We will send you a link to complete the form on Monday, October 12th. You have a better chance of getting the classes you want if you register at the beginning of priority registration.
World Mental Health Day is Sunday, Oct. 10th
1. Utilize Counseling Services

Counseling has a negative stigma of being for "crazy" people, but it's actually extremely beneficial for everyone. Counseling isn't about diagnosing you, but about helping you with your mental health wellness. You exercise and eat healthy to take care of your body, so why not seek counseling to take care of your mind. Counseling helps you with stress management, test anxiety, and so much more! With counseling you have a set time dedicated to you, so it's a time that you can vent, and the information stays confidential. With all the craziness of the world, now is the time to focus even more on your mental health. Seeking help is a sign of strength not weakness.

P.S. the counseling center is completely free!

For more information, visit: https://tamut.edu/Campus-Life/Counseling-Center/index.html

2. Be kind to yourself

When you are feeling down, it is easy to be hard on yourself. While you might not be of the mind to congratulate or compliment yourself, try being compassionate. You show up for other people. Why not show up for yourself? It doesn't have to be you standing in front of a mirror saying good things about yourself. There are many ways to express that we care and love someone. It can be words of affirmation (maybe write kind notes to yourself), gifts (treat yo' self), acts of service (do things for yourself like doing the laundry, washing dishes, or simply organizing), quality time (it's great to hang with friends, but have you ever taken the time to hang out with yourself?), and lastly physical touch (sometimes we just need a hug. 6 seconds to be precise to get those endorphins flowing). It's important that we are able to find ways to make ourselves feel good and loved without always relying on others to do it for us.
3. Be healthy

Even taking a short walk or climbing a flight of stairs can reduce stress and increase alertness. A regular exercise routine can boost one's mood, increase concentration, and even help alleviate symptoms of anxiety and depression. At least 30 minutes of physical exercise a day can help.

Vegetables and fruits? Absolutely! Nutritious foods. Sure. Consider cutting back on sodas and coffee, drink more water. But healthy eating also means having a healthy attitude toward food. Enjoy meals with friends, try new foods and try not to obsess over food. Remember that you can eat healthy without eating bland food.
*If you do find that your relationship to food is affecting your mental or physical health, consider visiting the counseling center to help find healthy coping mechanisms to help with that.

4. De-stress

Sometimes we just need to relax. How do you relax? Well you can relax by doing all sorts of things: puzzles, reading a book, journaling, bubble baths/hot showers, playing with your pet, gardening or simply taking care of some plants, yoga, etc. Maybe consider putting on some relaxing music, start up your oil diffuser, and meditate. Or even do a face mask or hair mask. Basically do any activity that helps you settle down, calm your mind, and help you feel more at peace. Try to do this at least once a week. You can even create a nightly ritual before bed where do you something that helps you de-stress, but don't make it a requirement or chore. If it becomes a chore then it isn't very relaxing.
5. Get some sleep

The American Academy of Sleep Medicine recommends between 8–10 hours of sleep per night for teenagers and over 7 hours for those ages 20 and up. But sleeping well also refers to when you sleep and the quality of that sleep. Sleep health expert, Dr. Eleanor McGlinchey recommends that you wake up at the same time every day, even on weekends and holidays. Consider turning off all electronic devices (cell phone, laptop, tablet, tv, etc.) at least 30 minutes before bed because those lights make it harder for you to relax when trying to sleep.

Sleep is extremely important in not only your mental health, but your physical health as well. Your body needs good sleep because that is the time your body heals itself from the stressors of the day. Also, if you aren't getting enough sleep it's much harder to retain the information from your classes and studying.

Don't forget to set your clocks back on November 1st!
6. Study Tips for Midterms

Review your notes often, if possible everyday. Spend 30 minutes each evening going over notes from each class. Research shows that reviewing new material within 24 hours after hearing it increases your retention of that material significantly. In addition, reviewing material before the next class period allows you to identify points of confusion which will prepare you to ask the questions you need to ask before the next class.

Consider mixing up your study locations. Alternating study spaces is a more effective way to retain information. Although you may have a favorite spot to study, research suggests that it is better to change locations. Memory is influenced by location, so changing your study locale increases the likelihood of remembering what you learned.

Don’t wait until the last minute! Waiting until the night before an exam to study can lead to cramming which is not an effective studying technique. Cramming before an exam will increase the feeling of desperation which can lead to test anxiety. Instead, jot down a few ideas or facts that you want to have fresh in your mind when you begin the exam. Read through your list a few times when you get up in the morning and just before you take the exam, then put it away. This kind of memory reinforcement not only improves your performance on the test, it also improves your long-term memory of the material.
7. Get to know your professor

Some professors can seem intimidating and scary in the classroom, but they're still just a person. Get to know your professor during their office hours and during the class. This is especially important if they teach a class for your major because you're most likely going to have them in more than one class. When you build a relationship with your professor you might enjoy the class more, which can make it easier to retain the materials. Showing a professor that you care about your work and your grade, will help them be more willing to work with you. Not only will it help you in that class, and possibly others, but it will help you outside of class, too. When your professor knows you then they're more likely to write a letter of recommendation on your behalf. They will also reach out to you about opportunities like jobs, internships, etc. that will help you prepare for your career.

*Many of your professors have online office hours right now, so you can easily meet with them, even if you aren't on campus.*
WHAT'S HAPPENING ON CAMPUS?

- October 14th - Halloween Bash - Outdoor Movie: Hocus Pocus (UC Front Lawn) 7:30pm
- October 30th - Halloweengo (Zoom) 12:00pm-1:30pm

For more information on these events or to register, please go on EagleSync.

*If attending in person events/activities, please wear a face covering, practice social distancing and good hygiene.

Located in SCIT 114, the Eagle Pantry feeds student success by providing essential non-perishable and personal hygiene items to students in need.

The pantry is available to any student in need. All you need to provide is your current student ID card.

**Dates/Hours of Operation:**
- October 12 | 12-6pm
- October 26 | 12-6pm
- November 9 | 12-6pm
- November 23 | 12-6pm

Need help outside of our monthly distribution? Email them at foodpantry@tamut.edu.
WHAT'S HAPPENING ON CAMPUS?

OCTOBER VIRTUAL PAINT PARTY SERIES

SUPPLY KITS AVAILABLE. REGISTER ON EAGLESYNC. HOSTED BY: CB

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<td>Oct 29</td>
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For more information on these events or to register, please go on EagleSync.
WHAT'S HAPPENING ON CAMPUS?

Career Coffee Chats

Virtually join TAMUT Career Development Wednesdays at 11:00 AM!
Learn how to be career ready!

September
Your Career Starts Now 2nd
The Standout Resume 9th
Branding Yourself 16th
Ask the Recruiter 23rd
Five Steps to Stand Out at Virtual Career Fair 30th

October
Job & Internship Searching: COVID Version 14th
Be the STAR in your Interview 21st
Preparing for Virtual Interviews 28th

November
Job & Internship Searching: COVID Version 4th
Know Your Worth: The Art of Salary Negotiation 11th

Check your email for the Zoom link and password

career.development@tamut.edu
903.334.6707
www.hireaneagle.work
WHAT'S HAPPENING ON CAMPUS?

LGBTQ+ HISTORY MONTH CALENDAR
OCTOBER 1-31, 2020

OCTOBER 1ST-31ST SOCIAL MEDIA #EAGLESHAVEPRIDE LAUNCH
Write Dr. Jaime Hartrell, Spectrum Faculty Advisor, with your short bio and photo (no later than Sept. 30th) to be featured in this social media visibility campaign. Submissions are welcome from faculty, alum, staff, and students! Follow @tamutspectrum on Instagram and TAMUT Spectrum on Facebook for more details.

OCTOBER 1ST-31ST PRODUCT DRIVE FOR BASIC NECESSITIES
Basic Necessities is the only dedicated diaper and period products bank in the ArkLaTxl. SNAP, WIC, & Medicaid do not cover diapers, period products, or incontinence supplies. Support this non-profit by donating period and diaper products on campus (drop off in UC420). Most menstruation products are marketed as “feminine hygiene” products for cis-gender women. Support trans & non-binary folks by donating supplies and using more gender-inclusive language to discuss these products.

OCTOBER 6TH | 6PM | ZOOM
CREATING WELCOMING SPACES IN DIFFICULT PLACES: PRIORITIZING THE NEEDS OF LGBTQ+ STUDENTS ON COLLEGE CAMPUSES IN THE SOUTH
Candid Conversations lecture by Dr. Sidney Gardner, Director of the Women & LGBT Center at Southern Methodist University. Co-Sponsored PLACE/Diversity, Equity, and Inclusion Committee.

OCTOBER 12TH | 7PM | ZOOM
COMEDY SHOW WITH SAMUEL MORRISON
Campus Activities is hosting in commemoration of National Coming Out Day on October 11th. After aing from is upbring in Central Florida, he quickly found home performing among NYC’s comedy clubs and gay venues where his brand of high energy humor and touching narrative took off. He has performed in RuPaul’s DragCon (’19), TBS’ New York Comedy Festival (’18), was named one of Mogul Magazine’s Comic’s to watch, and was a finalist on Stand Up, NBC! (’19).

OCTOBER 16TH
SPECTRUM T-SHIRT GIVEAWAY ON INSTA
GAM Follow @tamutspectrum for all details!

OCTOBER 20TH | 12NOON & 6PM | ZOOM
RAINBOW TREE VIRTUAL PAINT PARTY WITH LGBT HISTORY TRIVIA
Supply kits available for in-person pickup in UC420 or shipped. Hosted by Campus Activities Board.

OCTOBER 20TH | 3PM | UC326
“MOMENT OF TRUTH” CROWN SPONSORED LGBTQ+ HISTORY MONTH PANEL DISCUSSION AND Q&A
Join leadership representatives from CROWN and Spectrum as we host an open panel discussion and Q&A about intersecting identities.

OCTOBER 22ND | 6PM | ZOOM
BLACK LESBIAN FEMINIST PRAxis: A SOUTHERN EXPERIENCE
2nd Annual LGBTQ+ History Month lecture by Dr. Stephanie Andrea Allen, Postdoctoral Fellow and Visiting Assistant Professor of Gender Studies at IU-Bloomington. Sponsored by PLACE, the Program in WGS, Spectrum, and the Program in History.

OCTOBER 26TH | 12NOON-1PM | ZOOM
LGBT+ ARCHIVES PROJECT OF LOUISIANA’S “THE HISTORY OF PRIDE IN LOUISIANA”
Presentation and virtual discussion, sponsored by the LGBT+C Archives Project and SAGE New Orleans - NOAGE (Advocacy & Services for LGBT+ Elders). Featuring Mark Gonzales, Michael Hickerson, Valda Lewis, Frank Perez, and Dr. Catherine Roland. Originally recorded for Pride Month on June 20, 2020.

FOR ZOOM ACCESS INFORMATION, SEE FLYERS AND DAILY NEED TO KNOW FOR MORE INFORMATION, VISIT: WWW.TAMUT.EDU
### WHAT'S HAPPENING ON CAMPUS?

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<tr>
<td>Thursday, October 8</td>
<td>12:00-1:15</td>
<td>Zoom</td>
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<tr>
<td><strong>Common Reader Keynote</strong></td>
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<td>&quot;A Recorded Conversation with Kathryn McKee&quot; with discussion to follow, Dr. Kathryn McKee, Director, Center for the Study of Southern Culture and Associate Professor of English at the University of Mississippi.</td>
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<tr>
<td>Tuesday, October 13</td>
<td>2:00-4:00</td>
<td>Zoom</td>
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<tr>
<td><strong>Invited Talk</strong></td>
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<td>&quot;No Such Place: Searching for the Legacy of Capital Punishment in the South&quot; Dr. John R. Barner, University of Georgia</td>
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**Talk Food**  
12:00-1:00  
*"Fast Food Region * " Dr. Peter Angelo Coelans, Albert Ray Newsome Distinguished Professor, and Director of Global Research Institute and Dr. W Fitzhugh Brundage. William Umstead Distinguished Professor, University of North Carolina.

**Eat Food. Raise Money**  
*All Day*  
Chicken Express  
2902 Richmond Rd.

Eat at Chicken Express and mention TAMUT. Proceeds fund PLACE events and local charity/non-profit.

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<tr>
<td>Tuesday, October 20</td>
<td>6:00-7:00 pm</td>
<td>Zoom</td>
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<tr>
<td><strong>Aquila Review: Southern Themed Poetry from TAMUT</strong></td>
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<tr>
<td>Reading selections from prior &quot;Aquila Reviews&quot; and new work organized by Brian Billings, Associate Professor of English.</td>
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<tr>
<td>Wednesday, October 21</td>
<td>8:30-10:30 pm</td>
<td>P&amp;L. and Zoom</td>
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<td><strong>MOvie Night with Student Life</strong></td>
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<td>Drive-In Movie: “The Town that Dreaded Sundown” with discussion after the film with Drew Morton, Associate Professor of Mass Communication, and Clint Hanna, Independent Filmmaker.</td>
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<tbody>
<tr>
<td>Thursday, October 22</td>
<td>2:30-3:45</td>
<td>Zoom</td>
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<tr>
<td><strong>Super Lecture</strong></td>
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<tr>
<td>&quot;Latinx generations and their reinvention of the Southern Experience&quot; organized by Luz Mary Rincon, Professor of Spanish and Bilingual Education. Student panelists discuss the topic with an intermission of a culturally representative dance around 3:00.</td>
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**Invited Talk**  
6:00-7:00  
Zoom

"On Black Lesbian Feminist Praxis: A Southern Experience" Dr. Stephanie Andrea Allen, Postdoctoral Fellow and Visiting Assistant Professor of Gender Studies at University of Indiana. *Cosponsored by the President’s Committee of Diversity, Equity, and Inclusion; the History Program; the Program in Women’s, Gender, & Sexuality Studies; and Spectrum.

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**Friday, October 23**

**[Tentative] OUR PLACE: Southern Music Friday**  
"Title to be determined" Andrew Clark

**[Tentative] OUR PLACE: Local Ghost Stories**

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<tr>
<th>The Talk</th>
<th>12:00-1:00 pm</th>
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<tr>
<td>Reading Southern Ghost Stories</td>
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<table>
<thead>
<tr>
<th>The Walk</th>
<th>All Day</th>
<th>Downtown</th>
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<tr>
<td>Haunted Texarkana Ghost Tour</td>
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**Tuesday, October 27**

**Super Lecture**

"A Contrast in Images and Words: Margaret Bourke-White, Life Magazine, and the 1937 Louisville Flood" Corrine Hinton, Associate Professor of English

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**Wednesday, October 28**

**Book Club**

"A Book to be named later" Angela Harless, Assistant Professor of Counseling Education

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**Friday, October 30**

**OUR PLACE: Talk Food. Eat Food. Raise Money.**

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<tr>
<th>Talk Food</th>
<th>12:00-1:00</th>
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<tr>
<td>&quot;Chickenization and Public Ill-Health in the American South&quot; Dr. Bryant Simon, Professor of History at Temple University</td>
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<table>
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<tr>
<th>Eat Food. Raise Money</th>
<th>11:00-2:00</th>
<th>The Lunchbox</th>
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<tbody>
<tr>
<td>Eat at The Lunchbox and mention TAMUT. Proceeds fund PLACE events and local charity/non-profit</td>
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*For PLACE event updates, news, and comments, follow us on Twitter (@TAMUTPLACE), like us on Facebook (@TAMUTPLACE), or check out our webpage [www.tamut.edu/PLACE](http://www.tamut.edu/PLACE).*
STUDENT HIGHLIGHTS

REBECCA STRUTTON

TRIO Student Support Services ROCKS! Always caring and supportive, a safe space for students to get help and navigate the chaos college can bring.

- Rebecca Strutton

Major: Mass Communications
Classification: Senior
STUDENT HIGHLIGHTS

ISAIAH GREEN

TRIO Student Support Services is important to me because it has helped me get through college at a University thus far. It has blessed me with scholarships, supplies, and over support through the kind staff. Thank you!

-Isaiah Green

Major: Psychology
Classification: Junior
TRIO STAR STUDENT SPOTLIGHT

ANDREW GALLEGOS

Major: Criminal Justice
Classification: Freshman
1. Can you tell us a little bit about yourself?

Well I am Andrew Gallegos from New Boston Texas. Just 20 mins out of Texarkana. I like to play video games with my family, and watch movies. My Major is Criminal Justice and I am pursuing a Bachelors of Science of Criminal Justice. I plan on becoming a State trooper or a police officer for 2 years. After that, I want to become a detective or a K9 unit cop.

2. Are you involved in any organizations or clubs, do any volunteer activities?

I am involved with the Residence Hall Association as the secretary, Foundation Student Leadership, and TRIO. I try to do the open house for the school when they have it.

3. Are there any accomplishments, awards or scholarships you would like to share?

My accomplishments are passing my first year of college while maintaining a job outside of school. I received the scholarship of giving the most blood in high school.

4. Why did you choose A&M-Texarkana?

I chose A&M Texarkana because it was affordable and it made me feel like home when I stepped on the campus for the first time. Also every weekend I go home and go visit my family because I live so close to them.

5. What do you like about TRIO SSS?

I like the TRIO SSS because they reach out to me and make sure everything is going well. It feel like a second family in my life.