TRIO WORKS!
NEWSLETTER
A monthly newsletter for students

WHAT'S IN THIS ISSUE:
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Due to the increase in COVID-19 cases, for the safety of our participants and staff, we will only be doing Zoom, or phone meetings.

Don’t forget to book appointments for the computer lab and meetings with a staff member about 24hrs beforehand to give staff time to prepare.

Also, tutor.com is still available, so you can find a virtual tutor 24/7!

*Priority Registration is still going on. Don’t forget to fill out your advising & registration form, and meet with your academic advisor.

### TEXAS A&M UNIVERSITY-TEXARKANA
### SPRING 2021 REGISTRATION SCHEDULE

<table>
<thead>
<tr>
<th>Classification</th>
<th>Priority Registration</th>
<th>Late Registration</th>
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</thead>
<tbody>
<tr>
<td>Graduate &amp; Doctoral</td>
<td>Oct 26-  Jan 18</td>
<td>Jan 19-21</td>
</tr>
<tr>
<td>Seniors (90+ hours)</td>
<td>Oct 26-  Jan 18</td>
<td>Jan 19-21</td>
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<tr>
<td>VA/Athletes/Honors</td>
<td>Oct 26-  Jan 18</td>
<td>Jan 19-21</td>
</tr>
<tr>
<td>Post Baccalaureate &amp; Juniors (60-89 hrs)</td>
<td>Oct 29-  Jan 18</td>
<td>Jan 19-21</td>
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<tr>
<td>Sophomore (30-59 hrs)</td>
<td>Nov 2-  Jan 18</td>
<td>Jan 19-21</td>
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<tr>
<td>Freshmen (0-29 hrs)</td>
<td>Nov 5-  Jan 18</td>
<td>Jan 19-21</td>
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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
Graduation Symposium

Featuring
Dr. Frank Leon Roberts

Attendees will receive a $10 Chick-Fil-A Gift Card

Thursday, Dec. 3rd
12:00PM

Via Zoom

RSVP by Monday, Nov. 23rd
Frank Roberts is a political organizer on the frontlines of the blacklivesmatter movement. Recently referred to by Dr. Cornel West as one of the young “powerhouse intellectuals” of his generation, Frank has been an active organizer on the ground both in Ferguson and throughout New York City. He is currently on the faculty at New York University, where he teaches the nation’s first Black Lives Matter course.

He is the co-founder (with CNN contributor Keith Boykin) of the National Black Justice Coalition based in Washington, DC. Frank is also the creator of BlackLivesMatterSyllabus.com, a national online resource that educates the public on the history of the blacklivesmatter movement and provides tools for teaching BLM in classroom settings.

A New York City native, he attended NYU’s Tisch School of the Arts and Yale University, and now calls Harlem home.
IMPORTANT UPCOMING DATES

Thanksgiving Break
Thursday, Nov. 26th-Friday, Nov. 27th, 2020

Finals Week
Friday, Dec. 4th - Wednesday, Dec. 9th, 2020

Please be safe, and enjoy your break!
1. Avoid Close Contact
Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay Home When You're Sick
If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

3. Cover Your Mouth & Nose
Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and COVID-19, are spread by cough, sneezing, or unclean hands.

4. Clean Your Hands
Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. Avoid Touching Your Eyes, Nose & Mouth
Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice Other Good Health Habits
Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
STUDENT HEALTH SERVICES

BASS 109
Monday-Thursday
10am-12pm & 1pm-4pm

Walk-in clinic only (no need for an appointment) virtual medical care for the students of TAMUT. On campus, we will gather basic information and connect with a provider from HealthCARE Express.

For COVID Symptoms/Testing:
Scan QR Code for testing at Eagle Express COVID-19 Testing Site
WHAT'S HAPPENING ON CAMPUS?

- November 11th - PLACE Movie Night: Forest Gump (BAAS Lawn) 7:30pm-9:30pm
- November 17th - World Trivia (Zoom) 7:00pm-8:30pm
- November 19th - Brazilian Culinary Workshop (Zoom) 6:00pm-7:00pm
- November 21 - Eagle Wonderland (Eagle Hall) 12:00pm-3:00pm

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:**

- 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?

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

*Student Life will mail supplies for these events to those who request it, so you can do it from home!
Career Coffee Chats

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

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>September</td>
<td>Your Career Starts Now</td>
<td>2nd</td>
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<td></td>
<td>The Standout Resume</td>
<td>9th</td>
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<td></td>
<td>Branding Yourself</td>
<td>16th</td>
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<td></td>
<td>Ask the Recruiter</td>
<td>23rd</td>
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<td>Five Steps to Stand Out at Virtual Career Fair</td>
<td>30th</td>
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<tr>
<td>October</td>
<td>Job &amp; Internship Searching: COVID Version</td>
<td>14th</td>
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<td></td>
<td>Be the STAR in your Interview</td>
<td>21st</td>
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<tr>
<td></td>
<td>Preparing for Virtual Interviews</td>
<td>28th</td>
</tr>
<tr>
<td>November</td>
<td>Job &amp; Internship Searching: COVID Version</td>
<td>4th</td>
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<td></td>
<td>Know Your Worth: The Art of Salary Negotiation</td>
<td>11th</td>
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</table>

Check your email for the Zoom link and password

career.development@tamut.edu
903.334.6707
www.hireaneagle.work
# What's Happening on Campus?

## Campus Recreation

### Group Fitness Schedule

**October 19 - November 19**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td><strong>M</strong></td>
<td>7:30pm (45min)</td>
<td>Body Sculpt</td>
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<tr>
<td></td>
<td></td>
<td>Looking to tone and strengthen? This workout will use weights, bands, and more to condition and sculpt your entire body! You’ll improve core strength and flexibility, while burning major calories!</td>
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<tr>
<td><strong>T</strong></td>
<td>12:15pm (1hr)</td>
<td>Yoga</td>
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<tr>
<td></td>
<td></td>
<td>Follow a series of fluid moves designed to develop a strong, lean core. Work all muscles to stabilize and support the spine.</td>
</tr>
<tr>
<td><strong>T</strong></td>
<td>7:00pm (45min)</td>
<td>Abs &amp; Assets</td>
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<td></td>
<td>Strength training and conditioning focused on your abs, back, glutes, hips and legs. Come to this class to engage your core and glutes, while improving your figure and posture!</td>
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<tr>
<td><strong>W</strong></td>
<td>6:00pm (30min each)</td>
<td>STRONG Nation &amp; Zumba</td>
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<td>This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. After STRONG Nation, join the party! A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.</td>
</tr>
<tr>
<td><strong>W</strong></td>
<td>7:30pm (45min)</td>
<td>Cardio Tone</td>
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<td>This workout alternates low and high-intensity cardio exercises with challenging strength moves to enhance endurance, incinerate fat, and sculpt your entire body.</td>
</tr>
<tr>
<td><strong>TH</strong></td>
<td>12:15pm (1hr)</td>
<td>Yoga</td>
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<td>Follow a series of fluid moves designed to develop a strong, lean core. Work all muscles to stabilize and support the spine.</td>
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**Masks required and classes are capped at 5 patrons to enforce physical distancing!**

**Classes located in Patterson Student Center A137.**

Classes available to patrons with memberships and RSVP is required on Presence.

@TAMUTCAMPUSREC
November 17th, 12:15-1pm
Via Zoom or limited in-person seats in the library

Register Here:

https://tamut.libcal.com/calendar/2123/BookClub1120

Moderator
Dr. Jaime Cantrell

is an Assistant Professor of English at Texas A&M University—Texarkana. She earned her Ph.D. in English in 2014 from Louisiana State University and her M.A. in Women's Studies in 2009 from the University of Alabama. With specifications in American literature, Women's and Gender Studies, and Southern Studies, A former Visiting Assistant Professor of English at Ole Miss, she's been awarded library and research grants from Cornell University, Duke University, and the National Endowment for the Humanities. She is the author of essays and reviews appearing in Feminist Formations, The Journal of Lesbian Studies, Study the South, Notions, This Book in An Action: Feminist Print, Culture and Activist Aesthetics (UIP Press, 2015), The Bohemian South: Creating Countercultures, from Rock to Punk (UNC Press, 2017), and The journal Homosexuality. With Amy L. Stone, she co-edited Out of the Closet, Into the Archive: Researching Sexual Histories published by the Queer Politics and Cultures series at SUNY Press in 2015.

cat, coffee, pipe, scone-baker, cat lover, crawfish peeler, festival goer, book reader, and garden grower, Jaime knows what it means to miss her hometown of New Orleans.

Available on Kindle, Nooks, Overdrive and 1 print copy

Contact Bmackey@tamut.edu with questions
WHAT'S HAPPENING ON CAMPUS?

THE OFFICE OF STUDENT SUCCESS PRESENTS

SURVIVING THE SEMESTER: FOUR WEEKS TO FINALS

EVERY TUESDAY 12-1PM
NOVEMBER 3RD-24TH

Chat with different students, faculty, tutors, and coaches each week, and learn the skills to survive FINALS!

Scan to receive meeting link.
The Porch Sitter’s Guide to Pandemicking: Exercises in Stoicism to Combat Stress & Anxiety

5-WEEK COURSE WITH DR. DEL DOUGHTY | VIA ZOOM
November 2, 9, 16, 23, 30 | 8:00AM

Life can be hard these days. Perhaps a few doses of time-tested wisdom can make it better. Join Dr. Doughty Mondays to learn practical, time-tested mental exercises from Marcus Aurelius & other Stoic philosophers.

PLEASE EMAIL CASE.SUBMISSIONS@TAMUT.EDU FOR LOGIN INFORMATION
TRIO STAR STUDENT SPOTLIGHT

JAN LUMMUS

Major: BAAS
Classification: Senior
1. Can you tell us a little bit about yourself?

Wow! I am thrilled to be chosen the TRIO Star for November and December; what an honor for selecting not one month, but two: Double blessings! To God, be the Glory!

I grew up in the Texarkana area, and most of my family is sprinkled throughout Texas and Arkansas. I am one of those that enjoy camping, fishing, and discovering new places. During my education journey, I learned that I enjoyed theater and had my first experience at Texarkana College and then Murry's Dinner Playhouse in Hot Springs, AR, two years ago. After graduation, I plan to go to many more. I have enjoyed serving and helping others as a hairstylist for over 20 years in this area. However, I feel it is time that I assist the public in a different capacity. I will graduate in December with a BAAS (bachelor's in applied arts & Science), and at this time, I am planning to work for the State of Texas or Arkansas.

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

Unfortunately, time did not permit me to be actively involved in any clubs or organizations (other than TRIO) at Texas A&M due to other commitments. However, I am interested in volunteer work. I am active in my church with choir and assisting in Sunday school when needed. I also have volunteered at the friendship center and have been a court-appointed special advocate (CASA) volunteer in the past, which I plan to become involved again after graduation.

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

Asking me if there are any accomplishments made me laugh out loud. Yes, every class hour and every credit earned was a massive accomplishment for me. Returning to education after 30 years was the first accomplishment and graduating in a few weeks will be the biggest as of today. I have received the TRIO Director's Award and received a supplement grant aid, which was very helpful, and honored to be the recipient.
4. Why did you choose A&M-Texarkana?

I chose A&M-Texarkana for a couple of reasons. First, because it is local, second, the BAAS program's opportunity, and thirdly, I met Geovanni at Texarkana College in the recruiting office of A & M-Texarkana. He was so helpful, kind, sincere, funny, authentic, and welcoming that I thought if A&M-Texarkana is like him, then I wanted to be a part of this community. I even named my cat after him.

5. What do you like about TRIO SSS?

This is such a huge question. I can sum it up in one word- Everything! I remember my first day walking the hallway to the TRIO office, thinking I hope they are friendly and helpful and not a waste of time. TRIO superseded my expectations from the start until today. Friendly, became loving, helpful, became encouragement, and time became priceless. Ms. Britney has the coolest office on campus and a warm smile bigger than Texas. Mr. Dustin is always ready to help, and he has some chocolate for a little pick me up, and Ms. Jennifer always has an encouraging word to lift you. I could not tell you how many times she told me, “Jan, you got this.” Individually, each one uniquely makes TRIO what it is today SUCCESSFUL! And I cannot forget the workshops, they were great and always served a great lunch. I honestly believe the support I received from TRIO SSS had an enormous impact on my success here at A&M Texarkana.

6. Do you have any advice you would like to share with other students?

Yes, if you are privileged to be a part of TRIO SSS, be thankful and proud that you have this opportunity. You will not find a more selfless, caring, committed, loving, welcoming, encouraging, and authentic support group on this campus. Utilize their help, kindness, resources, and you, too, will be successful. My definition of TRIO SSS:

- a. T True      S Spectacular
- b. R Real      S Student
- c. I Individualized S Social
- d. O Optimistic