TRIO WORKS!
NEWSLETTER
A monthly newsletter for students

WHAT'S IN THIS ISSUE:

Page 2: Message from the Director
Page 3: Club TRIO
Page 4: What's Happening On Campus
Page 5: What's Happening Off Campus
Page 6-8: Tips & Tricks
Page 9-11: TRIO Star of the Month
A MESSAGE FROM THE DIRECTOR:

Hello TRIO Student Support Services (SSS) Participants!

Can you believe that the Fall 2019 semester is almost over? Wow! Time really flies when you are having fun, right? You have accomplished so much this semester, and I know you all are excited to take a small break in your academic work and head home for the holidays.

As we approach the end of the semester, we hope to help each of you finish strong as you work to complete your academic commitments. With finals right around the corner, we encourage you to keep up healthy habits by utilizing our 24/7 Online Tutoring Services through Tutor.com and the Student Success Center's In-person Tutoring Services available by appointment located in UC 330. We know that you are ready to quickly cross the finish line for the semester, but in order to feel your best and excel in your academic endeavors please be sure to exercise healthy behaviors such as sensible eating, sleep, physical activity, and stress reduction.

As you read this newsletter, we have provided important information to help you through finals for the Fall 2019 semester. If you need assistance, please feel free to visit the TRIO SSS office located in the University Center (UC), Room 335 or contact us via e-mail at triosss@tamut.edu.

We wish you and your family all the best this holiday season, and we look forward to welcoming you back to campus on January 21st when Spring 2020 classes begin. Thank you for being a part of our TRIO SSS and Eagle Family.

Happy Holidays from your TRIO SSS Team! TRIO WORKS!

Brittany V. Barnett
Director, TRIO Student Support Services
Texas A&M University-Texarkana
CLUB TRIO ACTIVITIES

We will be having our last meeting of the semester on Wednesday, November 20th in UC 232 at 4:15pm.

November 20th is also the Club TRIO movie night. We will be watching a movie in UC 242 at 6:00pm. We will have hot chocolate, cookies, and other refreshments.

We are still collecting donations for the winter clothing drive until December 2nd. Donations can be turned into the TRIO office or in the box on the University Center 1st floor by the elevator.

If you are interested in buying a ticket for the seasonal basket raffle, you can come by the TRIO office or talk with any of our officers.
WHAT'S HAPPENING ON CAMPUS?

- November 18th-20th: International Travel Photo Expo All Day (Eagle Lounge)
- November 19th: Study Abroad Info Session 1:00pm-2:15pm (UC 116)
- November 19th: International Coffee House 2:30pm-4:00pm (UC 116)
- November 19th: Open Mic Night 6:00pm-8:00pm (Patterson Center)
- November 20th: Culture Cafe 12:00pm-1:00pm (UC 116)
- November 20th: Club TRIO Meeting 4:15pm (UC 232)
- November 21st: Study Abroad Info Session 10:00am-11:30am (UC 116)
- November 24th: BINGO NIGHT! 6:30pm-8:00pm (Eagle Hall)
- November 27th: Men's Basketball Game 6:00pm (Patterson Center)
- December 2nd: Who-Hall Christmas Celebration & Decoration Party 6:00pm-10:00pm (Bringle Lake Village)
- December 3rd: Men's Basketball Game 7:30pm (Patterson Center)
- December 7th: Eagle Wonderland 12:00pm-3:00pm (Eagle Hall)
WHAT'S HAPPENING IN OUR COMMUNITY?

- November 20th: Paint and Sip Christmas Barn 7:00pm-9:00pm (Redbone Magic Brewing)
- November 21st: Thanksgiving Cookie Class 5:30pm (Graham Slam Bakery)
- November 22nd: Genevieve Allen Live 6:30pm-10:00pm (Redbone Magic Brewing)
- November 24th: Paint Your Pet Ornaments 1:00pm (Redbone Magic Brewing)
- November 28th: Thanksgiving Day Turkey Trot 5K 7:00am-10:00am (Spring Lake Park)
- November 30th: Crooked Halo Concert 8:00pm-11:30pm (Scottie's Grill)
- December 6th: Tim Hawkins Live 7:00pm-10:00pm (Heritage Church)
- December 7th: Stocking & Stories 2:00pm-4:00pm (Museum of Regional History)
- December 7th: Live Band: I've Heard Worse 7:00pm (Redbone Magic Brewing)
- December 8th: Paint Your Pet 1:00pm-4:00pm (Redbone Magic Brewing)
- December 15th: Christmas at the Perot 4:00pm-5:30pm (Perot Theatre)
- December 21st: Perot Holiday Traditions 10:00am-10:00pm (Perot Theatre)
1. Sleep

Think about how often you get at least eight hours of sleep? Not very often for most people... Unfortunately, operating in a sleep-deprived state puts you at a disadvantage. For example, you will be less productive, you might find it more difficult to learn and retain information, and you may even be a hazard behind the wheel. Don't neglect your sleep schedule, and aim to get at least 8 hours a night and take power naps when needed.

2. Eat Well

Did you know that an unhealthy diet can increase your stress levels? When you eat healthy, you equip your body with the nutrition it needs to fight stress. Avoid high-fat, high-sugar foods and go easy on the caffeine. Additionally, improving your diet can keep your from experiencing diet-related mood swings, light-headedness and more.

3. Exercise

Exercise is one of the best things you can do to reduce stress. Exercise produces endorphins, the feel-good chemicals that act as natural painkillers, and it also improves sleep, which in turn reduces stress. Try walking, jogging, or yoga.
4. Plan
Get organized, make a plan, and stick to it. Prioritize your obligations each week and then schedule time for each, such as time for studying, working, family and friends, and yourself.

5. Positivity
Did you know that optimists actually experience better circumstances, in part, because their way of thinking helps to create better circumstances in their lives? The habit of optimism and positive thinking can bring better health, better relationships, and better grades.

6. Breathing
When your body is experiencing a stress response, you’re often not thinking as clearly as you could be. A quick way to calm down is to practice breathing exercises. These can be done virtually anywhere to relieve stress in minutes, and are especially effective for reducing anxiety before or even during tests, as well as during other times when stress feels overwhelming.
7. Self-Care

You need a break most when you believe you don't have time to take a break. Find a new hobby, play sports, paint, draw, garden. Do something that gives you an outlet from the tension of everyday life. Some good examples of self-care include meditate, aromatherapy, and journaling.

Mediation is a simple way to lower stress that you can do anywhere, at any time. Begin with a simple technique such as breathing, do a guided meditation, or repeat a mantra.

Aromatherapy uses aromatic essential oils to improve one's physical and emotional well-being. Lavender, lemon, jasmine, bergamot, and ylang-ylang are all reported to lower stress and anxiety.

Journaling helps you process life's problems and deal with everyday stress by helping you organize your thoughts, and it can also help strengthen immune cells and decrease the symptoms of asthma and arthritis.
TRIO STAR OF THE MONTH

BILLY BROWN

Major: Psychology
Classification: Senior
My name is Billy Brown, I am a full-time non-traditional student. My current goal is to complete my associate degree of music at Texarkana College while also completing my bachelor’s degree in psychology at Texas A&M Texarkana. Currently, I am serving as Vice Present for the Eagle Transfer Association. I participated in the Eagle’s Got Talent show this semester and received second place for my dressing up as The Beast from the movie and singing the song, Evermore. This semester I have undertaken an extremely difficult schedule by taking a total of eight classes. Five at TAMUT and three at TC. I hope to enter an advanced master’s program at TAMUT in hopes of completing this by Spring of 2022. While attending Texarkana College I have participated in All State choir for two years and volunteer at as many events as possible. I have served as State Treasurer for the Texas Junior College Student Government Association 2016-17, Texarkana College Student Government President (2017-18), and State President for Texas Phi Beta Lambda (2018-19). In April 2019 I was a chorus member in Madame Butterfly for the Shreveport Opera. I also participate with two not for profit organizations: one in my home town of Linden Texas, Linden United, a gateway organization connecting local citizens with local law enforcement; and Regional Music Heritage Center in Texarkana, a not for profit that holds regional music heritage and education at its core while fostering a love of all music for today’s audience. At the conclusion of the current semester I will receive my associate of arts with a concentration in music.
The past two years I have studied piano performance under the direction of Mary Scott Goode of Texarkana and voice under the direction of Janice Aiken of the Shreveport Opera. Following the completion of these two degrees I plan to transfer to the Music Therapy program at Texas Woman’s University in Denton Texas where I will complete the requirements for a degree in Music Therapy. It is my intention to bring a fine arts treatment center to the greater Texarkana area. This center will use the creative arts as treatment and medication for a few mental and medical conditions. Personally, I want to focus on trauma induced conditions such as PTSD, addiction, grief, autism, and Alzheimer’s.

I made the change in my major after experiencing the death of my 18-year-old brother during our first semester at Texarkana College. I was in school because he conned me into it after my father passed away only seven months before he did. Life is not fair, and it is riddled with challenges for each of us. If I could impart one bit of advice, when life kicks you or knocks you down do not stay there. Do whatever you must do to stand back up and keep pushing through. Many of us experience such harsh times and it is so easy to quit. I am a firm believer that GREAT things are difficult and continuing education is a GREAT thing. There are no closed doors, we only perceive them to be closed. We are in control however, that control never fully manifests itself until we declare it so.