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

We are so glad that you have continued your academic journey with us! As we enter into the Spring 2020 academic semester, I would like to take this opportunity to share the wonderful services and benefits we have 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 triosss@tamut.edu.

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

Brittany V. Barnett
Director, TRIO Student Support Services
Texas A&M University-Texarkana
COMING UP IN CLUB TRIO!

The first Club TRIO general meeting will be on February 27, 2020 at 6:00pm in SCIT101!!

Coming Up This Semester:

• February 22, 2020: National TRIO Day
• February 25, 2020: Black History Month Trivia
• February 27, 2020: "Harriet" the movie @7pm in SCIT101
• March 7, 2020: International Women's Day Brunch @10am on the 3rd Floor Atrium
• March 27, 2020: General Meeting @5pm in UC230
WHAT'S HAPPENING ON CAMPUS?

• February 17th: Jumpstart Your Week: Let's Spill the Tea with Urban Tea Town! UC Lobby 9am-11am
• February 20th: Open Mic Night in Eagle Hall @7pm
• February 21st: Strut Like You Mean It! @ 5pm in the Eagle Lounge
• February 21st: 90s Dance in Eagle Hall from 7pm-11pm
• February 26th: Cheat Day: Feed Your Soul & Slap Yo Mama in the UC Lobby Main Entrance 11am-1pm
• February 27th: Handle Yo Business in Eagle Hall @11am
• February 27th: "Harriet" the movie @7pm in SCIT 101
WHAT'S HAPPENING IN OUR COMMUNITY?

- February 20th: Black History Celebration - "Divine 9" Panel/Forum 12:30pm-2:00pm at Texarkana College
- February 21st: Gaither Vocal Band 2020 Tour 7:00pm-10:00pm at First Baptist Church
- February 22nd: Mardi Gras Parade/Celebration 8:30am-4:00pm Downtown Texarkana
- February 22nd: Beach Themed Resin Art Class 2:00pm-5:00pm at Primal Flow Studio Texarkana
- February 22nd: Enchanted Tales 7:30pm-9:30pm at Texarkana Symphony Orchestra
- February 25th: Black History Celebration - Talent Showcase 11:00am-1:00pm at Texarkana College
- February 28th: Live at Redbone Magic Brewing 7:00pm-10:00pm at Redbone Magic Brewing LLC
- February 29th: Volunteer Day at 10:00am at the Animal Care & Adoption Center
- March 1st: Paint Your Pet at Redbone 1:00pm-4:00pm at Redbone Magic Brewing LLC
### Spring 2020 Workshop Schedule

*Note: Event details are subject to change. Rev 11/7/19*

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
<th>Speaker</th>
<th>Location</th>
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<tbody>
<tr>
<td>Thursday, February 6, 2020</td>
<td>12-1pm</td>
<td><strong>TRIO SSS Orientation (New Participants Only)</strong></td>
<td>Jennifer Cannon, TRIO SSS Coordinator</td>
<td>UC 210 for 12-1pm</td>
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<td><strong>TRIO SSS Orientation (New Participants Only)</strong></td>
<td></td>
<td>UC 248 for 4-5pm</td>
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<td>4-5pm</td>
<td>**Financial Literacy: &quot;All About You&quot;</td>
<td>Ja'Net Adams, Speaker &amp; Author of Debt Sucks University, Inc.</td>
<td>Eagle Hall</td>
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<td>Thursday, February 20, 2020</td>
<td>12-1pm</td>
<td>Cultural Development: Study Abroad &amp; Global Engagement</td>
<td>Jennifer Davis, Director of International Studies</td>
<td>UC 210</td>
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<td></td>
<td>4-5pm</td>
<td>Career Planning: Understanding Your Personality</td>
<td>Office of Counseling Services</td>
<td>UC 116</td>
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<td>Myers Briggs Test/Hollands Test</td>
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<tr>
<td>Thursday, March 5, 2020</td>
<td>12-1pm</td>
<td>Social Media Etiquette: Minding Your Manners</td>
<td>TRIO SSS Staff and Club TRIO Officers</td>
<td>UC 210</td>
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<tr>
<td>Thursday, March 12, 2020</td>
<td>12-1pm</td>
<td>De-Stress For Success</td>
<td>Office of Counseling Services</td>
<td>UC 116</td>
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<tr>
<td>Thursday, April 9, 2020</td>
<td>12-1pm</td>
<td>Sustain Your Brain—Free Snacks with Team Success in the Student Success Center, 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.
Tips for Surviving the Winter Months as a College Student:

1. Dress in Layers
   Bipolar weather seems to be a constant theme here in Texarkana. This February, the overall weather has been rainy and cold but that can change in an instant. Therefore, your best bet is to dress in several layers, especially if you are going to be on campus all day. Texarkana weather means that there can be frost on the ground in the mornings, and the sun shining at lunch.

2. Stock Up on Essentials
   With all of this rainy weather we have been having, I think I can speak for everyone when I say getting out in this weather is a pain in itself. Save yourself a frigid grocery run or two by stockpiling essential items that’ll last throughout the season. Toiletries, snacks and school supplies are just a few of the things you should stock up on.

3. Check in on Yourself
   Seasonal depression, or seasonal affective disorder, is a real problem, especially for those experiencing their first rough winter. Whether it’s meditation, extra TV binging, a daylight lamp or extra sleep, be sure to take care of your mental health during the colder months of the year. These breaks are healthy and help you keep everything together for the long run.
Tips for Surviving the Winter Months as a College Students:

4. Make Sure Your Dorm is Ready
If you live in Bringle Lake, then you know that the heat is not always on. Make sure that your dorm, apartment, or house is equipped with the proper essentials for the cold. These essentials may include: thermal blankets, approved heaters, winter coats, scarves, beanies, and house shoes. Having any of these items will help you stay warm, and will also come in handy if you have to evacuate for a fire alarm.

5. Equip Your Vehicle
When you are traveling anywhere in the winter months, it is extremely important to have the right equipment in your vehicle in case of emergencies. Before you travel anywhere, especially on long trips, make sure your vehicles have a spare tire and the proper tools for changing a spare tire, including a jack and lug wrench. Other important items that you need to have in your vehicle this winter, are a spare blanket, a gallon of water, and a rechargeable flashlight.

6. Protect Your Skin & Health
Skincare is always important, but during the cold winter months your skin can become really dry and cracked. The number one thing to remember is to stay hydrated, as that is the most important step in fighting against the cold. Besides drinking lots of water, make sure to, at the very least, utilize a quality moisturizer. Check out Allure's "The 15 Best Drugstore Moisturizers under $20" for a great list of affordable moisturizers to help hydrate your face. Please never use lotion as a moisturizer for your face, and avoid scents if you have sensitive skin!
TRIO STAR OF THE MONTH

ARIANA THOMPSON

Major: Biology
Classification: Senior

"Being apart of Club TRIO is great, I love that I can be apart of a family like organization with people who have the same goals in mind"

-Ariana
This month’s Star Student is Ariana Thompson! Ariana is a senior Biology student here at A&M-Texarkana. She anticipates on graduating in May of 2021 and after she graduates, she plans on going to get her master’s to be a Physician’s Assistant. Currently on campus she is the serving the Club TRIO organization as the Vice President and Secretary. She is also the Director of “Little Events” on the Big Event Executive Committee. In her spare time, she enjoys reading and catching up on her favorite shows streaming in Netflix. Ariana is an avid volunteer at the Red Cross and other organizations. Currently, she is a student worker at the Business Office for the University. She is an alumni class of 2018 from Texas High School, home of the Tigers, here in Texarkana. While in high school she was involved with the Texarkana Youth Symphony Orchestra playing the violin. She not only graduated from Texas High in 2018, she also graduated from Texarkana College in the same month with her Associates of Arts. Although she is mostly busy with school and work, she loves to spend time with friends and family.
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<th><strong>CONTACT US!</strong></th>
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| **Brittany Barnett**: Director  
  Office: UC 328  
  Phone: 903-334-6691  
  Email: bbarnett@tamut.edu |
| **Jennifer Cannon**: Coordinator  
  Office: UC 335B  
  Phone: 903-334-6656  
  Email: jcannon@tamut.edu |
| **Dustin Nix**: Administrative Associate  
  Office: UC 335A  
  Phone: 903-334-6684  
  Email: dnix@tamut.edu |
| **Payton Green**: Student Worker  
  Office: UC 335  
  Phone: 903-334-6788  
  Email: payton.green@tamut.edu |