February 27th is National TRIO Day!

National Trio Day is a day of celebration, reflection, action, and awareness of the Federal TRIO programs that help disadvantaged students successfully navigate and graduate from college.

Today, more than 1,000 colleges, universities, and community agencies host more than 2,700 TRIO projects that serve approximately 840,000 young people and adults.

The original three programs to address cultural and social barriers included Upward Bound, Talent Search, and Student Support Services. Together, this “trio” of federally-funded programs encouraged access to higher education for underprivileged students and adults. There are now eight programs that exist across the nation.

Are TRIO programs effective? An estimated 2.2 million students have graduated from college with the support and assistance of a TRIO program!

At HCC, the Student Support Services program serves 140 students. We provide assistance in tutoring, financial counseling, career counseling, college visits, cultural events, and academic support. We provide direct support services for students in our program.

We will be having a come and go celebration on Friday, February 26th for the SSS students to celebrate their achievements and the success of our program.

Lisa Parsons, Director of Student Support Services
Students gathered for informational workshops and stress relieving fun.

**FUTURE WORKSHOP**

**WEDNESDAY’S**

- KSU & Washburn Visit Day
  - March 2nd
  - *Van leaves at 6:30 AM*

- True Colors Personality Quiz
  - March 23rd at 2:30 pm

- Money Traps to Avoid
  - March 9th at 2:30 pm

**PAST WORKSHOPS**

**STAFF INFORMATION**

- **Lisa Parsons,** *Director of Student Support Services* 785-442-6147 lparsons@highlandcc.edu
- **Audrey Denton,** *Retention Coordinator* 785-442-6017, adenton@highlandcc.edu
- **Kimberly Bechtold,** *Transfer Advisor* 785-442-6052, kbechtold@highlandcc.edu
- **Lexy Clark,** *Administrative Assistant* 785-442-6058, lclark@highlandcc.edu
- **Dr. Carol Andersen,** *Math Specialist* candersen@highlandcc.edu
- **Joy Meyer,** *English Specialist* jmeyer@highlandcc.edu
5 Study Tips for College Students
http://www.huffingtonpost.com/2010/09/08/study-tips-for-college-_n_709096.html#gallery/10344/2

1. Alternate your study space
-It is a common misconception that you should study in the same place every time. Try mixing things up and studying someplace different. The SSS room is drastically different from the tutor room next door, and even more different from your dorm room.

2. Study and homework groups
-Working with peers gives you an edge to bounce ideas off of one another and power through tough problems. On the flip side, it could benefit you when trying to explain it to someone who doesn’t understand. Irvin Hall offers many study group sessions and those can be found on the SSS website https://highlandcc.edu/pages/academic-tutoring.

3. Make flash cards
-Sometimes the best habits are the ones we’ve used forever. Flash cards are oldies but goodies. Writing notes and definitions more than once will help imprint information in your memory, and the cards are a great way to develop and use mnemonic devices.

4. Take tests
-By talking practice exams and end of chapter exams, you have a chance to confirm your knowledge and enhance what you know.

5. Sleep!
-A tired mind is a slow mind.

Have you taken the LASSI??
By Audrey Denton, SSS Retention Coordinator

SSS offers a great resource for you to help with self-understanding and study skills!
The LASSI is the Learning and Study Strategies Inventory. We are moving over to the newest edition, which has some great updates. Instead of 80 questions, we now ask only 60. The assessment still only takes around 10 minutes to complete, so you absolutely have time to get this done. This inventory will help you to understand your needs in 3 main areas; Skill, Will and Self-regulation as it relates to strategic learning.

You will want to take advantage of this opportunity because it will help you to understand and improve your learning and study strategies. It will help me to get to know you better and help us to make goals together to ensure your success here at HCC.

This assessment is easy to take and the results are valuable. Please make an appointment to see Audrey Denton at aden-ton@highlandcc.edu or by phone at 442-6017.
Direct your transferring questions here!
By Kim Bechtold, Transfer Coordinator

Transferring can be an overwhelming process but it doesn’t have to be! If you plan to transfer fall 2016 please set up an appointment to meet with me ASAP. Now is the perfect time to apply and begin making plans for next year. Remember, I can usually get application fees waived to most 4 year schools but you need to see me before you begin your application.

We have a lot of universities visiting HCC this month along with a visit to Washburn and KSU on the 2nd. Please check out the list below. If you see a school listed that you are interested in, please stop by the representatives table in CT lobby to introduce yourself and ask questions. They love hearing from you!

⇒ March 2nd- Visit to KSU and Washburn. We will be leaving at 6:30 a.m. and returning around 4:30 p.m. Please let me know ASAP if you plan to go.
⇒ March 8th- Wichita State University in CT lobby at 9 a.m.
⇒ March 10th- Washburn University in CT lobby at 9:30 a.m.
⇒ March 21st- Mid-America Nazarene in CT lobby at 9 a.m.
⇒ March 30th- Missouri Western in CT lobby at 10 a.m.

March Birthdays

Brittany Puff, 3/02          Carlos Gonzalez-Tabares, 3/12
Marissa Horton, 3/03        Grace Siard, 3/18
Alexis Coder, 3/03          Tyree Horton, 3/20
Shaylyn Krone, 3/08         Danica Haverkamp, 3/26
Shawn Green, 3/08           Janessa Poole, 3/27

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