

Weekly Newsletter!

Student Support Services (9-22-14)



To see more photos from the SSS events, visit our Facebook page: UW-River Falls Student Support Services

SSS has joined Falcon Sync! Have you signed in yet???

Find our events on Falcon Sync <https://orgsync.com/login/university-of-wisconsin-river-falls>

On our Web Page https://uwrf.co1.qualtrics.com/SE/?SID=SV_6mmVuOhplXbNOcZ

And on the Bulletin Board by Linda's office in the ASC!

SET SAIL FOR SUCCESS
Fri., Sept. 26th - Sun., Sept. 28th
Depart 3pm - Return 1pm
Luther Park Camp, Chetek, WI

Ahoi! Start the fall semester on course for success! Join yer SSS mates and staff for a 2-day retreat filled with fun, learning, and personal growth!

What's it all about?

- *Get to know your fellow SSS Scholars through team-building activities, kayaking/canoeing, and games.
- *Explore the choices successful college students make and commit yourself to getting and staying on course.
- *Learn more about yourself and set goals for the upcoming academic year.

All SSS Scholars, freshmen-seniors are encouraged to attend.

A vast! Join us and start the year off right!

Must sign up Friday, September 19th with a \$10 returnable deposit.

Sign up on the SSS bulletin board or email SSS@uwrf.edu

Connect with fellow Scholars in the SSS Community Room!



Lunch with See: Mondays @ Noon!



Lunch with Jessie: Thursdays @ noon!

Events This Week:

Major & Minor Fair

Monday, Sept. 22 from 11 AM-1 PM

Location: UC Ballroom



Ferguson Discussion Panel

Monday, Sept. 22 from 4:30-6 PM

Location: Kinnickinnic River Theater
(3rd Floor UC)

Education Abroad Fair

Wed., Sept. 24 from 10 AM-2 PM

Location: UC Falcon's Nest

My 1st Resume

Wed., Sept. 24 from noon-1 PM

Please pay your deposit for the SSS Fall Retreat this weekend!!!

REMINDER:

Make sure to complete an Event Reflection Form to get credit for going to events that are not hosted directly by SSS!



Check out the new SSS Resource Library in the ASC.

Book topics range from GRE prep, Career prep (resume writing, cover letter writing), learning skills, and much more!

Ask a front desk assistant for help checking out books.



Meet Alex Peng! He is our new Grad Student Program Assistant!

Events Next Week: *(Details in next newsletter)*

Mastering the Graduate School Personal Statement (Monday, Sept. 30 from 4-5 PM)

Location: St. Croix River Room, UC 321

Weekly Newsletter!

Student Support Services (9-29-14)



SSS and McNair Scholar Graduate School Conference!



**Habitat
for Humanity®**

Sat., Oct. 18
7:45am - 12:00pm
(Meet at Pete's Creek)

Help build the River Falls Eco Village --a sustainable community-based neighborhood development



Sign up on the SSS bulletin board or email SSS@uwrf.edu

Want to find Scholarships??? Check out these websites below!

www.fastweb.com/

www.collegenet.com/

<https://www.collegeboard.org>

<https://www.scholarships.com/>

<https://www.salliemae.com/plan-for-college/scholarships/>

<http://www.uwrf.edu/FinancialAid/TypesOfAid/UWRFScholarships.cfm>

<http://www.uwrf.edu/FinancialAid/TypesOfAid/OutsideScholarships.cfm>

**Connect with fellow Scholars in
the SSS Community Room!**



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Events This Week:

**Mastering the Graduate
School Personal Statement**

Monday, Sept. 30 from 4-5 PM

Location: St. Croix River Room
UC Room 321

SSS Winter Recognition Ceremony Committee!

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If so, you should volunteer to join the **SSS Winter Recognition Ceremony Committee!** Not only will you be contributing in making this event successful, but you will *gain* experience that will stand out on your resume. This volunteer opportunity is especially great for Marketing Communications, Communication Studies majors as well as Art majors. Please contact Melanie Xiong, the Marketing Event Coordinator intern, if you are interested!

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On our Web Page https://uwrf.co1.qualtrics.com/SE/?SID=SV_6mmVuOhpiXbNOcz

And on the Bulletin Board by Linda's office in the ASC!

Events Next Week: *(Details in next newsletter)*

SSS On Course to Success: Time Management

Tuesday, Oct. 7 from 5-6 PM

UC Falls Room (Glass room next to Riverside)

Weekly Newsletter!

Student Support Services (10-6-14)



The 2014 SSS Fall Retreat at the Luther Camp in Chetek, WI was such a positive experience! I cannot put into words on how much the retreat had an impact on me and how I manage my time. As a first year here, I have struggled with time management and a future goal. Self-meditation was one of the activities we had done at the camp. With our eyes closed and in a calm, relax, quiet state of mind, our unconscious self had taken hold and opened up what our true goals were. The number one best experienced was meeting those new to the SSS program just like me. They were such a positive, silly, great bunch of students. The cabin where I stayed had such a breath taking view of the massive lake that was right in the backyard of the girl's cabin. Luckily we had a chance to canoe/kayak and be out on the waters on that beautiful weekend. During the experienced, I had unknowingly bonded with some people, to whom I think will be there for me for the rest of my life. We also woke up to some delicious food, made by two of the most wonderful women, Beth and Rita. Overall, my experience at the SSS Fall Retreat was like no other. It was a fun weekend with new learning experiences, making new friends, and most of all, learning more about yourself as an individual. I would highly recommend everyone attending this amazing retreat. -Gaozhou Pa Vang



Events This Week:

SSS On Course to Success: Time Management

Tuesday, Oct. 7 from 5-6 PM in the UC Falls Room (004)
(Conference room next to Riverside on the lower level)

Events Next Week: *(Details in next newsletter)*

SSS Lessons Learned: Experience Sharing (Tues. Oct. 14, 5-6 PM)

Career Fair (Wed. Oct. 15, 10-3 PM)

SSS Habitat for Humanity Volunteering (Sat. Oct. 18, 7:45-noon)

All SSS Coaches will be going to a NACADA Conference from Wed., Oct. 8 - Fri., Oct. 10 and will be out of the office on those days!

Leadership Opportunity for SSS Scholars

SSS Scholar, See Lee, is an intern for Daniel Rivera and Stephanie Bauer this semester. She is working with middle school students who will be visiting University of Wisconsin-River Falls. See is seeking volunteers to participate in the student panels during the specific dates that are posted on the SSS event broad. This is a great leadership opportunity and way to give back, plus would look really great on your resume! If you have any questions regarding the panel please email See Lee at see.lee-1@my.uwrf.edu

Spring 2015 Experience China Semester Abroad Program

This opportunity is a great way to earn credits while traveling to a different country!

Scholarships are available for up to \$3,000 of the \$6,995 program fee. This program fee includes: students' tuition, housing, 15 meals/week, international insurance, local transportation pass, a mobile phone to use while abroad, class field trips, program trips to local points of interest, on-site staff support, and an electronic tablet that is theirs to keep after the end of the program.

Courses offered through this program will fulfill the Global Perspectives, Multi-disciplinary Inquiry, American Diversity, and Mathematics general education requirements. More information on these courses can be found here:

<http://www.uwrf.edu/ExperienceChina/Spring-2015.cfm>

There will also be an information session on **Monday, October 6** from **4:30-5:30 PM** in the Global Connections office where students will have an opportunity learn more about the program and meet other UWRF students who have participated in the program.

Feel free to contact Kelsey McLean with any questions, or for more information about this opportunity, at: kelsey.mclean@uwrf.edu or at (715) 425-3238

Want to find Scholarships??? Check out these websites below!

www.fastweb.com/

www.collegenet.com/

<https://www.collegeboard.org>

<https://www.scholarships.com/>

<https://www.salliemae.com/plan-for-college/scholarships/>

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melanie.xiong@my.uwrf.edu



Habitat for Humanity®

Sat., Oct. 18
7:45am - 12:00pm
(Meet at Pete's Creek)

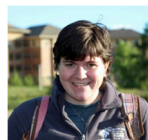
Help build the River Falls Eco Village -- a sustainable community-based neighborhood development

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REMINDER:

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Weekly Newsletter!

Student Support Services (10-13-14)

Time Management Seminar!



Sat., Oct. 18
7:45am - 12:00pm
(Meet at Pete's Creek)

Help build the River Falls Eco Village --a sustainable community-based neighborhood development



Sign up on the SSS bulletin board or email SSS@uwrf.edu

Are you looking for something **FUN** to do? Would you like to get to know other SSS Scholars in a fun, relaxed environment? Look no further! The SSS Campus Liaisons (See Lee and Jessi Conklin) along with SSS Marketing Intern, **Melanie Xiong** will be leading the **SSS Pub Trivia team!**

Meet in the **Falcon's Nest, UC** on **Wednesday, October 15th @ 4:45pm** (Trivia starts at 5).

Compete in a fun, friendly game of trivia.
Use your noodle, not google!

Events This Week:

SSS Lessons Learned: Experience Sharing (Tues. Oct. 14 @ 5-6 PM)

Location: RF Journey House

Career Fair Prep (Tues. Oct. 14 @ 11 AM - 1 PM)

Location: UC Falls Room
(Conference room next to Riverside)

Networking Social (Tues. Oct. 14 @ 5-6 PM)

Location: Ann Lydecker Center
(Ames Suites)

Career Fair (Wed. Oct. 15 @ 10 AM - 3 PM) in the UC

On-Campus Interviews (Thurs. Oct. 16 & Fri. Oct. 17)

SSS Habitat for Humanity Volunteering (Sat. Oct. 18 @ 7:45 AM - noon)

Location: River Falls Eco Village

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See Lee at

see.lee-1@my.uwrf.edu

SSS has joined LinkedIn! Find us at:
UWRF Student Support Services

Events Next Week: (Details in next newsletter)

SSS On Course to Success: Note Taking (Tues. Oct. 21 @ 5-6 PM)

MN Government and Nonprofit Job Fair (Fri. Oct. 24 @ 9 AM - 4 PM)

Connect with fellow Scholars in UC Loft above Falcon's Nest!



Lunch with See: Mondays @ Noon!

Lunch with Jessie: Thursdays @ Noon!

Weekly Newsletter!

Student Support Services (10-20-14)

LEAD (Learn. Experience. Act. Develop) is geared toward first-year students interested in exploring their leadership potential and making positive social change in their community, whether on campus or off. Participants begin exploring their own strengths and concepts around leadership and think about ways they want to become an involved leader during their time at the University of Wisconsin River Falls.

Once admitted into **LEAD**, participants will be given the chance to explore their strengths, values, and ideas about leadership in a new way that will prepare them for an ongoing service project in which they as a group will create and facilitate. Meetings will be held every Wednesday from early February - March on a weekly schedule.

LEAD is a great opportunity to discover ways to get involved on campus. The first 20 first year students to complete and submit their application will be admitted into the program.

Sign up on Falcon Sync!!



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Hey SSS Scholars!

October is SSS Grade Awareness Time

Connect with your professors now to get an early awareness snapshot of your grades. It's part of your SSS commitment!

Use the form included in this letter to connect with your professors.

In the next two weeks you should:

- ✓ Meet with each of your professors
- ✓ Schedule a meeting with your SSS coach no later than Friday, Oct. 31
- ✓ Bring your completed form to the meeting with your SSS coach.

ONLY 26 TICKETS AVAILABLE! (BASED ON FIRST COME, FIRST SERVED)

MOSCOW BALLET
GREAT RUSSIAN NUTCRACKER

MUST COMPLETE 2X2 REQUIREMENTS BY NOV 21ST.

WHEN: SAT., DEC. 6, AT 2:30PM-7PM

WHERE: ORPHEUM THEATRE, MPLS, MN MEET AT PETE'S CREEK IN THE U.C. AT 2:15PM

SIGN UP ON THE SSS BULLETIN BOARD OR EMAIL SSS@UWRF.EDU

Events Next Week: (Details in next newsletter)

SSS On Course to Success: Test Taking
(Tues. Oct. 28 @ 5-6 PM)

SSS: Foods and Friends
(Thurs. Oct. 30 @ 5-7 PM)

Events This Week:

SSS On Course to Success: Note Taking

(Tuesday, Oct. 21 @ 5-6)
Location: UC Falls Room
(Conference room next to Riverside)

MN Government & Nonprofit Job Fair (Friday, Oct. 24 @ 9 AM - 4 PM)
Transportation Provided!
(See SSS Coach for transportation info)

Connect with fellow Scholars in UC Loft above Falcon's Nest!



Lunch with See: Mondays @ Noon!

Lunch with Jessie: Thursdays @ Noon!

Weekly Newsletter!

Student Support Services (10-27-14)

Scholars: Make sure you sign up for an appointment with your coach to go over the Early Grade Awareness Form!!!

LEAD (Learn. Experience. Act. Develop) is geared toward first-year students interested in exploring their leadership potential and making positive social change in their community, whether on campus or off. Participants begin exploring their own strengths and concepts around leadership and think about ways they want to become an involved leader during their time at the University of Wisconsin River Falls.

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Second page is a collage of the pictures taken at the Habitat for Humanity volunteer event!!!

Events This Week:

SSS On Course to Success: Test Taking (Tuesday, Oct. 28 @ 5-6 PM)

Location: UC Falls Room (Conference room next to Riverside)

Raffle Drawing at event:
[Lenovo A10-70 16 GB Navy Tablet!](#)

SSS Food and Friends (Thursday, Oct. 30 @ 5-7PM)

Location: RF Ezekiel Church (Serving: chili, bubble-up pumpkin dessert, veggies & fruit cocktail!!!)

SSS has joined LinkedIn! Find us at: [UWRF Student Support Services](#)

Connect with fellow Scholars in UC Loft above Falcon's Nest!



Lunch with See: Mondays @ Noon!

Lunch with Jessie: Thursdays @ Noon!



Etiquette Dinner

Join us for a dining experience that allows participants to learn and practice proper dining manners and protocol for business and formal dining etiquette.

Date: Tues., Nov 11
Time: 5-7:30pm
Location: Riverview Ballroom, UC

15 FREE Tickets
*Priority given to Juniors and Seniors

*Sign up on the SSS bulletin board or email SSS@uwrf.edu
*Must sign up by Tues., Nov 4

For the Etiquette Dinner: you must also complete a separate registration form from Career Services. SSS will sponsor your ticket. This form is available in the ASC office (105 Davee Library) @ the student reception desk. Please complete it even if you are on the waiting list.



ONLY 26 TICKETS AVAILABLE! (BASED ON FIRST COME, FIRST SERVE)

MOSCOW BALLET

GREAT RUSSIAN NUTCRACKER

MUST COMPLETE 2X2 REQUIREMENTS BY NOV 21ST.

WHEN: SAT., DEC. 6, AT 2:30PM-7PM

WHERE: ORPHEUM THEATRE, MPLS, MN
MEET AT PETE'S CREEK IN THE U.C. AT 2:15PM

SIGN UP ON THE SSS BULLETIN BOARD OR EMAIL SSS@UWRF.EDU

Events Next Week: (Details in next newsletter)

SSS: Money Management (Freshman/Sophomore) Wednesday, Nov. 5 @ 4-5 PM

Pizza and raffle prizes!!!

Weekly Newsletter!

Student Support Services (11-3-14)



Congratulations FFA Members!!!

SSS Scholars Amanda Denhoff, Tyler Foote, Ashley Hemann and Amber Zimmerman attended the National FFA (Future Farmers of America) Convention in Louisville, KY over the weekend. They were awarded the American Degree, the highest award you can obtain – less than .5% of all members receive this honor. Additionally, Shawna Henke placed 2nd in the National Parliamentary Procedure Competition!

MANAGING MONEY!

Freshmen, Sophomores Wed. Nov 5 -- 4-5pm
Wind River Room, UC

Juniors, Seniors Weds. Nov 12 -- 4-5pm
Wind River Room, UC

Why is a checking account on campus a good idea?
How can you eat out with friends and not overspend?
Why do you need a spending plan NOW?

How much will my student loan payments be? Don't know where all your money is going? Learn an easy system to keep track of your expenses each month.



Sign up on the SSS bulletin board or email SSS@uwrf.edu

Congratulations SSS Scholar Kim Phat for winning the raffle for a brand new tablet! Kim attended all 3 academic skills workshops and got her name entered into the drawing 3 times! Enjoy, Kim!!!

Events This Week:

SSS \$\$\$ Money Management (Freshmen & Sophomores)

Wednesday, Nov. 5
@ 4-5 PM

Location: Lyndecker Room in the Ames Suites

Pizza and Raffle Prizes!!!

Tis the Season to be Smart

SmartU

Holiday Savings Event

November 19th
11am-1pm

University Center
(next to the Information Desk)

- *Learn How to Save Money During the Holidays
- *Play Games & WIN Prizes



*FREE PIZZA HUT Certificates for Participation!

UW Extension University of Wisconsin-Extension

UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA. To ensure equal access, please make requests for reasonable accommodations as soon as possible prior to the scheduled program service or activity.

For More Information & FREE Financial Tutoring
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joan.sprain@ces.uwex.edu

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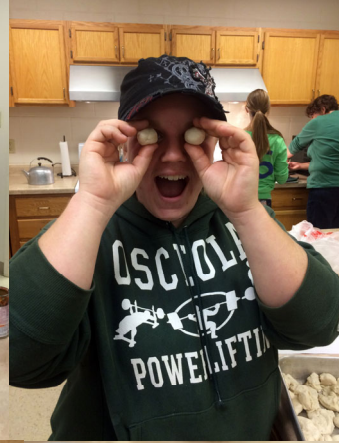
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Events Next Week: (Details in next newsletter)

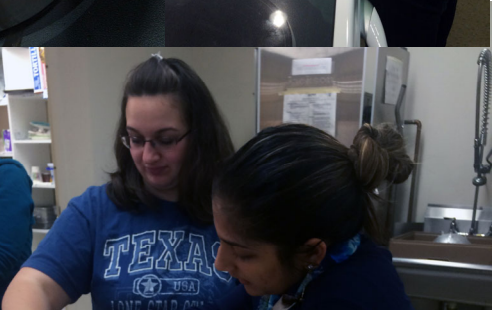
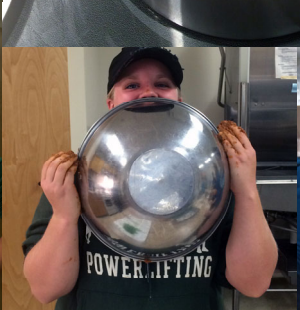
SSS: Money Management (Junior/Senior)
Wednesday, Nov. 12 @ 4-5 PM

Pizza and raffle prizes!!!

AASA Cultural Fest Friday, Nov. 14 @ 6-9 PM



Food & Friends



Weekly Newsletter!

Student Support Services (11-10-14)

Tis the Season
to be
Smart

SmartU



*FREE PIZZA HUT
Certificates for
Participation!

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University of Wisconsin-Extension

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Freshmen, Sophomores
Wed. Nov 5 -- 4-5pm
Wind River Room, UC

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on campus a good idea?
How can you eat out with
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Why do you need a
spending plan NOW?

Juniors, Seniors
Weds. Nov 12 -- 4-5pm
Wind River Room, UC

How much will my student loan
payments be? Don't know where
all your money is going? Learn
an easy system to keep track of
your expenses each month.



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bulletin board or
email SSS@uwrf.edu

Rose, Linda, Zio and Chuayi
will be gone Nov. 9-12 for
a TRIO Conference!

Events This Week:

**SSS \$\$\$ Money Management
(Juniors & Seniors)**

Wednesday, Nov. 12 @ 4-5 PM
Location: Lyndecker Room in
the Ames Suites

Pizza and Raffle Prizes!!!

**SSS Planning Ahead Series:
Global Connections**

Thursday, Nov. 13 @ 4-5 PM
Location: UC Falls Room
(Conference room next to Riverside)

AASA Cultural Fest

Friday, Nov. 14 @ 6-9 PM
Location: KFA Abbott
Concert Hall

AASA Presents
CULTURE FEST 2014

**Asian American Student Association's
Annual Culture Fest!**

Please come out and enjoy AASA's free event! Our event theme is China. In support of UWRF's Year of China. There will be performances such as Singing, Dancing, and a Fashion show of different cultures! Cultural food will be provided.

**Auditorium of KFA
(Abbott Concert Hall)
November 14, 2014
6:00PM-9:00PM**

*We are still searching for performers, if interested please contact: Samantha.herr@my.uwrf.edu by FRIDAY, October 31, 2014!

**SSS
PLANNING
AHEAD**

What are you planning on doing during your time at UWRF? What about after you graduate? These workshops will help you to:

- Explore options in undergraduate research with URSCA
- Discover study abroad opportunities with Global Connections
- Learn about careers for after graduation with Career Services

Where: Falls Room, UC

Fri., Nov 7: 3-4pm URSCA, McNair	Thurs., Nov 13: 4-5pm Global Connections	Thurs., Nov 20: 5-6pm Career Services
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Sign up on the SSS bulletin board or email SSS@uwrf.edu

Winter Celebration!!!

**SAVE
THE
DATE**

Friday, Dec. 5, 2014

Middle School Visits: Volunteers needed!!

Thursday, November 13th An alumni of UWRF SSS (Anwar Abda) is bringing 80 students! We are hoping to have 8 volunteers to guide tours from 11-12 PM (maps will be provided).

Thursday, November 20th There is a group of 9th graders visiting from Johnson, Harding, and Highland High School who are part of a Trio-Program. It would be nice to have students who were part of a Trio-program in high school to be on our student panel. Please contact See Lee (see.lee-1@my.uwrf.edu) if you are interested in helping! All events take place in the Kinni Theater (3rd floor of the UC).

Events Next Week: *(Details in next newsletter)*

SSS: Food & Friends Tues., Nov. 18 @ 5-7 PM

SSS: Planning Ahead Series Thurs., Nov. 20 @ 5-6 PM

UWRF Scholarships now open!
Deadlines are quickly approaching!

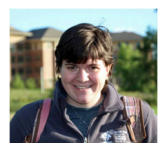
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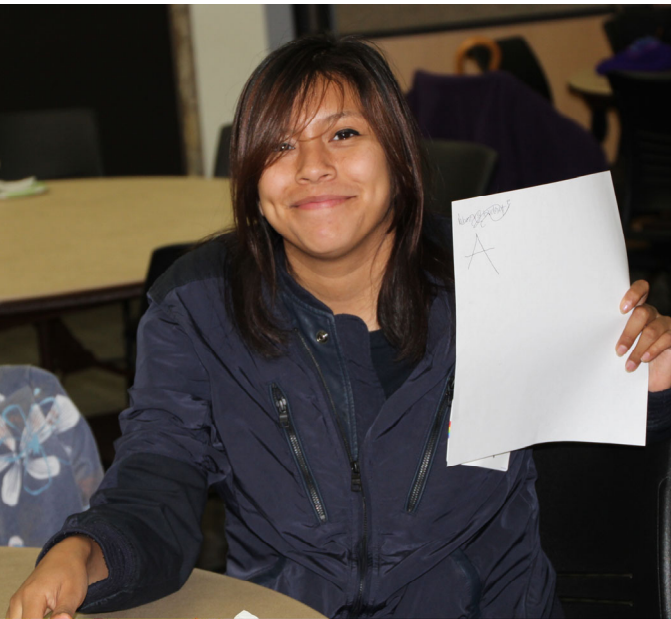
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Lunch with Jessie: Thursdays @ Noon!



Weekly Newsletter!

Student Support Services (11-17-14)



Private Financial Coaching

Did you miss the Money Management workshops because of schedule conflicts? Did you attend the workshop, but want more information?

Good news-- Joan Sprain, the facilitator for Money Management is willing to meet with you individually. Please contact her directly to schedule a time.
joan.sprain@ces.uwex.edu
phone: 715-531-1937.

This individual meeting counts towards the 2+2 requirement. Fill out the SSS Reflection Form to get credit for this:
https://uwrf.co1.qualtrics.com/SE/?SID=SV_a47oUCJoHjOjdcN

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SSS PLANNING AHEAD

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- Discover study abroad opportunities with Global Connections
- Learn about careers for after graduation with Career Services

Where: Falls Room, UC

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URSCA	Global Connections	Career Services
McNair	Connections	Services

Sign up on the SSS bulletin board or email sss@uwrf.edu

Events This Week:

SSS Food & Friends Tuesday, Nov. 18 @ 5-7 PM

Location: RF Ezekiel Church
(Meet in the ASC @ 4:45 to walk over together)

SSS Planning Ahead: Career Services

Thursday, Nov. 19 @ 4-5 PM

Location: UC Falls Room

Congratulations to the SSS Scholars for their outstanding performances at the AASA Culture Fest last Friday!!!

Tis the Season to be Smart

Holiday Savings Event

November 19th
11am-1pm
University Center
(next to the Information Desk)

- *FREE PIZZA HUT Certificates for Participation!
- *Learn How to Save Money During the Holidays
- *Play Games & WIN Prizes

This is the last week to complete the 2+2 requirements for the Moscow Ballet!!!

PUB TRIVIA (11-19-14)!!!
Join Jessie and See for some Pub Trivia Fun in the Falcon's Nest at 4:45 PM on Wednesday, Nov. 19th!
Trivia goes from 5-7 PM. Email Jessie for more details!
jessica.conklin@my.uwrf.edu

UWRF Scholarships now open!
Deadlines are quickly approaching! For more info, go to:

https://www.uwrf.edu/FinancialAid/TypesOfAid/UWRF_Scholarships.cfm

Connect with fellow Scholars in the SSS Community Room!



Lunch with See: Mondays @ Noon!
Lunch with Jessie: Thursdays @ Noon!

Winter Celebration!!!

SAVE THE DATE

Friday, Dec. 5, 2014



Events Next Week: (Details in next newsletter)

SAFE TRAVELS DURING THANKSGIVING BREAK!!!

Weekly Newsletter!

Student Support Services (11-24-14)



ONLY 20 TICKETS AVAILABLE!

MOSCOW BALLET GREAT RUSSIAN NUTCRACKER

**WHEN: SAT., DEC. 6,
AT 2:30PM-7PM**

**WHERE: ORPHEUM
THEATRE, MPLS, MN
MEET AT PETE'S CREEK
IN THE U.C. AT 2:15PM**

**SIGN UP
ON THE SSS
BULLETIN BOARD
OR EMAIL SSS@UWRF.EDU**



**There are still 2 tickets left for the
Moscow Ballet! You must have
completed your 2+2 requirements to go!**

**Call the ASC (715) 425-3531 or sign up
on the SSS Bulletin Board!!!**



**SSS has joined LinkedIn! Find us at:
UWRF Student Support Services**

Student Support Services

Invites you to the 7th annual
Winter Recognition Celebration!

Congratulate the graduating SSS Scholars
Enjoy great food, friends, and Hawaiian Fun!

Friday, December 5th
4:00 - 6:30 PM
Riverview Hotel Banquet Room
(Across the street from May Hall)

Please R.S.V.P. by November 26 on the SSS bulletin board
or online at SSS@uwrf.edu



UWRF Scholarships now open!

For more info, go to:
[https://www.uwrf.edu/Financial
Aid/TypesOfAid/UWRFScholarships.cfm](https://www.uwrf.edu/FinancialAid/TypesOfAid/UWRFScholarships.cfm)



**SAFE TRAVELS DURING
THANKSGIVING BREAK!!!**



Weekly Newsletter!

Student Support Services (12-8-14)



NEED A BREAK FROM FINALS?!?

Monday, Dec 15 – Thursday, Dec 18

From: 10 am – 3 pm

Come to the Community room to enjoy some treats, hot chocolate or tea.

We will have games available, a puzzle to work on, legos, Knex, Play-Dough and other things so you can re-energize and be ready for the next test.



Welcome Back Scholars!!!

Student Support Services (1-26-15)

Welcome back! SSS is looking forward to another awesome action-packed semester! Here are a few things to take notice of for this first week back:

- Update your contact information so we know how to reach you!
- Check your emails and mailboxes for this semester's event calendar!
- Remember that your 2+2 commitment starts again this semester! Check in with your coach early to stay on top of your commitment! Also, if you attend a non-SSS event, don't forget to complete an event reflection form to get credit for attending the event!
- If you want to go to the Job Fair, you have to register by next Monday! Meet with your coach as soon as possible so they can pay the registration fee!
- Good luck on the first week of classes!!!



MINNESOTA JOB & INTERNSHIP FAIR

When: Fri., Feb. 06
11am-3pm

Where: Brooklyn Park, MN

Reasons to go:

- Meet professionals in your field
- Apply for jobs and internships
- Gain experience in a professional setting

Sign up for transportation on SSS bulletin board.

Must register on-line through Career Services by Mon., Feb. 02



EVENT NEXT WEEK: My First Resume (Wednesday, Feb. 4th)

Time: 1-2 PM

Location: UC Chippewa Room (322)

**CONGRATS TO
OUR 4.0
SCHOLARS!**

Becky Dahlke
Ashley Dewitz
Jessie Kallenbach
Alyssa Landsberger
Matthew Pechacek
Laura Robey
Lea Van Rossum

**CONGRATS TO OUR
DEAN'S LIST
SCHOLARS!**

Charmayne Anderson
Amanda Denhof
Rachael Heins
Drekal Hollins
April Johnson
Hayley Konen
Emily Petrey
Taylor Polka
Amy Richardson
Keith Richardson
James Rodriguez
Hailie Schwarztrauber
Willow Shell
Adam Tilson
Kelsey Tyznik
Bao Vang
Bee Vang
Alysa Wilson
Ronna Woock
Chao Xiong
Amber Zimmerman

Spring 2015!

STUDENT SUPPORT SERVICES

Welcome Back Scholars!

Welcome to Spring 2015 SSS Scholars! We are looking forward to another awesome semester!

We are proud to announce 28 Scholars were awarded \$20,000 in SSS Grant Aid Scholarships over J-Term! Congrats to the recipients!

WHERE ARE THE FLYERS?

In an effort to GO GREEN we will no longer send out descriptive flyers for every event. If you want to learn more about events on our calendar, check out: **SSS Facebook page**, **SSS webpage**, **SSS FalconSync**, or the **SSS bulletin board** located in the ASC. There are lots of great ways to see what's happening with SSS!

STAY CONNECTED!

Don't forget, your 2+2 commitment (2 events + 2 meetings with your coach) still applies for this new semester, so check in early with your coach.

SSS is looking forward to another action packed semester! Attached to this letter you will receive a calendar listing all SSS events. Don't forget to complete an event reflection form for any non-SSS sponsored events you attend!



Welcome Back Scholars!!!

Student Support Services (2-2-15)

Welcome back! SSS is looking forward to another awesome action-packed semester! Here are a few things to take notice of for this first week back:

- Update your contact information so we know how to reach you!
- Check your emails and mailboxes for this semester's event calendar!
- Remember that your 2+2 commitment starts again this semester! Check in with your coach early to stay on top of your commitment! Also, if you attend a non-SSS event, don't forget to complete an event reflection form to get credit for attending the event! http://www.uwrf.edu/AcademicSuccess/SSS/CurrentSSS_Info.cfm
- If you want to go to the Job Fair, you have to register by this Monday, Feb. 2nd! Meet with your coach as soon as possible so they can pay the registration fee!

EVENT THIS WEEK: My First Resume
(Wednesday, Feb. 4th) **Time:** 1-2 PM
Location: UC Chippewa Room (322)

EVENTS NEXT WEEK:

(details in next newsletter)

Monday, Feb. 9th

- **P2O Training** (10 AM–2 PM)
Sign up on OrgSync here: <https://orgsync.com/84648/events/936388/occurrences/2022833>
- **SSS: CPR Certification** (6-8 PM)
- **UWRF Scholarships DUE!!!**

Tuesday, Feb. 10th

- **SSS: Time Management/ Procrastination** (4-5 PM)

Thursday, Feb. 12th

- **SSS: New Scholar Orientation** (4-5 PM)

Friday, Feb. 13th

- **Last day to drop a class without a W on transcript!**
- **Graduation application due on eSIS!**



MINNESOTA JOB & INTERNSHIP FAIR

When: Fri., Feb. 06
11am-3pm

Where: Brooklyn Park, MN

Reasons to go:

- Meet professionals in your field
- Apply for jobs and internships
- Gain experience in a professional setting

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OUR 4.0
SCHOLARS!**

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Ashley Dewitz
Jessie Kallenbach
Alyssa Landsberger
Matthew Pechacek
Laura Robey
Lea Van Rossum

**CONGRATS TO OUR
DEAN'S LIST
SCHOLARS!**

Charmayne Anderson
Amanda Denhof
Rachael Heins
Drekal Hollins
April Johnson
Hayley Konen
Emily Petrey
Taylor Polka
Amy Richardson
Keith Richardson
James Rodriquez
Hailie Schwarztrauber
Willow Shell
Adam Tilson
Kelsey Tyznik
Bao Vang
Bee Vang
Alysa Wilson
Ronna Woock
Chao Xiong
Amber Zimmerman

Spring 2015!

STUDENT SUPPORT SERVICES

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SSS is looking forward to another action packed semester! Attached to this letter you will receive a calendar listing all SSS events. Don't forget to complete an event reflection form for any non-SSS sponsored events you attend!



Welcome Back Scholars!!!

Student Support Services (2-9-15)

We Need Your Help!

We are still looking to recruit 7 new SSS Scholars! Ask your friends to apply! Applications are available in the ASC or online!



Students who earned a 4.0 GPA last semester were honored with dinner at the Westwind!

EVENTS THIS WEEK:

Monday, Feb. 9th

- **P2O Training** (10 AM–2 PM)
Location: UC Ballroom
- **SSS: CPR Certification** (6-8 PM)
Location: 23 Hagestad
- **UWRF Scholarships DUE!!!**

Tuesday, Feb. 10th

- **SSS: Time Manegment/ Procrastination** (4-5 PM)
Location: UC Trimbelle Room (231)

Wednesday, Feb. 11th

- **SSS: Time Manegment/ Procrastination** (4-5 PM)
Location: UC Trimbelle Room (231)

Thursday, Feb. 12th

- **SSS: New Scholar Orientation** (4-5 PM)
Location: UC Trimbelle Room (231)

Friday, Feb. 13th

- **Last day to drop a class without a W on transcript!**
- **Graduation application due on eSIS!**

**Do you want to...
Manage your Time and
Tame Procrastination?**

SSS can help!

**When: Tues., Feb. 10 &
Weds., Feb. 11
4-5pm**

Where: Trimbelle Rm, UC

Sign up online or on the SSS bulletin board

**Need help finding the right
job for your major?**

Career Services will be presenting:
How to search for jobs based on your major (everyone is welcome)
Resources to help you search for jobs
Tips for your job hunt
Answers to your burning questions!

WHEN:
Tuesday, February 17
4:00 - 5:00 pm

WHERE:
Falls Room, UC

Sign up online at sss@uwrf.edu OR on the SSS bulletin board

Visit our website to see flyers of each event!

http://www.uwrf.edu/AcademicSuccess/SSS/CurrentSSS_Info.cfm

EVENTS NEXT WEEK: (Details in next newsletter)

SSS: Tax Preparation Assistance (Feb. 16 @ 4-5 PM)

SSS: Career Services- Find the Right Job for YOU!
(Feb. 17 @ 4-5 PM)

On-Campus Jobs, Internships, Summer Jobs Fair
(Feb. 19 @ 10 AM-2 PM)

BSU: Mixed Blood Theatre (Feb. 20 @ 7-8 PM)

Weekly Newsletter!!!

Student Support Services (2-16-15)

We Need Your Help!

We are still looking to recruit 6 new SSS Scholars! Ask your friends to apply! Applications are available in the ASC or online!

Apply for Financial aid for 2015-16 ASAP!!!
The application is now open. Some financial aid is first come, first served, so apply early.

<https://fafsa.ed.gov/>

Did you know that we have a web site with links to many great study strategies and on-line tutorials. Check it out: <http://www.uwrf.edu/AcademicSuccess/StudySkillsLinks.cfm>

EVENTS THIS WEEK:

Monday, Feb. 16th

- **SSS: Tax Preparation Assistance** (4-5 PM) **Location:** Davee Library, Gray Lab)

Tuesday, Feb. 17th

- **SSS: Career Services – Find the Right Job for YOU!** (4-5 PM)
Location: UC Falls Room

Thursday, Feb. 19th

- **On-Campus Jobs, Internships, Summer Jobs Fair** (10 AM - 2 PM)
Location: UC Ballroom

Friday, Feb. 20th

- **BSU: Mixed Blood Theatre** (7-8 PM)
Location: UC Ballroom



Students who participated in the CPR Certification Training!

Welcome Back Pool and Bingo Night!!

Join your fellow SSS Scholars for a Welcome Back evening of swimming and games! Come reconnect with SSS and meet new friends!

WHEN: Friday, March 6th
5pm-9pm

WHERE: Riverview Hotel (across from Jimmy Johns)

FREE PIZZA included!!

Sign up online at SSS@uwrf.edu OR on the ASC bulletin board!

Need help finding the right job for your major?

Career Services will be presenting:

- How to search for jobs based on your major (everyone is welcome)
- Resources to help you search for jobs
- Tips for your job hunt
- Answers to your burning questions!

WHEN: Tuesday, February 17
4:00 - 5:00 pm

WHERE: Falls Room, UC

Sign up online at SSS@uwrf.edu OR on the SSS bulletin board

Visit our website to see flyers of each event!

http://www.uwrf.edu/AcademicSuccess/SSS/CurrentSSS_Info.cfm

EVENTS NEXT WEEK: (Details in next newsletter)

Walk-In Resume Reviews (Feb. 23 @ 11 AM-1 PM)

Walk-In Resume Reviews (Feb. 24 @ 11 AM-1 PM)

Career Fair Prep (Feb. 25 @ 11 AM-1 PM)

Networking Social (Feb. 25 @ 5-6 PM)

(register on Career Services web site)

SSS: Walker Art Center Tour (Feb. 26 @ 4-8:30 PM)

UWRF Career Fair (Feb. 26 @ 10 AM-3 PM)

BSU: African Night (Feb. 27 @ 6-8 PM)

Student Support Services (2-23-15)

We Need Your Help!

We are still looking to recruit 5 new SSS Scholars! Ask your friends to apply! Applications are available in the ASC or online!

EVENTS THIS WEEK:

Walk-In Resume Reviews

Mon, Feb. 23 @ 11 AM-1 PM
Heritage Hall, UC

Walk-In Resume Reviews

(Feb. 24 @ 11 AM-1 PM)
Heritage Hall, UC

Career Fair Prep

(Feb. 25 @ 11 AM-1 PM)
Falls Room, UC

Networking Social

(Feb. 25 @ 5-6 PM)
register on Career Services web site

SSS: Walker Art Center Tour

(Feb. 26 @ 4-8:30 PM)
Meet at Pete's Creek

UWRF Career Fair

(Feb. 26 @ 10 AM-3 PM)
UC Ballroom

BSU: African Night

(Feb. 27 @ 6-8 PM)
KFA Theater

Manage STRESS with Meditation

WHEN:
Tues., March 3
4-5pm

WHERE:
AppleRiverRm., UC



Join Counseling Services' Mark Huttemeir for an interactive workshop to learn strategies for quieting your mind and managing stress through meditation.



Meet up with the SSS Liaisons See and Jessi for a fun filled afternoon of skating and friends!



Free for SSS Scholars!

WHEN: Sunday, March 1st
1:00 - 2:30 pm

WHERE: Hunt Arena
(Meet at Pete's Creek, UC)



Welcome Back Pool and Bingo Night!!

Join your fellow SSS Scholars for a Welcome Back evening of swimming and games! Come reconnect with SSS and meet new friends!



WHEN:
Friday, March 6th
5pm-9pm

WHERE:
Riverview Hotel
(across from Jimmy Johns)

FREE PIZZA included!!



Sign up online at SSS@uwrf.edu OR on the ASC bulletin board!

EVENTS NEXT WEEK: (Details in next newsletter)

SSS: Ice Skate Social

Sun, March 1 @ 1—2:30 pm (meet at Pete's Creek)

SSS: Manage Stress with Meditation (new event)

Tues, March 4 @ 4—5 pm

SSS: Personal Spending Plan for Fresh/Soph

March 4 @ 4-5pm

Dance Theatre

March 4 - March 7 @ 7:30-9pm

Welcome Back Pool and Bingo Party

Friday, March 6 @ 5 - 9 pm
River View Hotel

Student Support Services (3-2-15)

Grade awareness forms have been mailed out! Start meeting with your professors about your grades and schedule an appointment with your SSS Coach by March 27th!



Walker Art Museum Group!

Manage STRESS with Meditation

WHEN:
Tues., March 3
4-5pm

WHERE:
AppleRiverRm.,UC



Join Counseling Services' Mark Huttemeir for an interactive workshop to learn strategies for quieting your mind and managing stress through meditation.

Sadly, this is Alex Peng's last week. On behalf of all the students and staff in SSS and in the ASC, we would like to thank Alex for all of his hard work and his wonderful attitude while he was with us! Good luck in your future endeavors, Alex! You will be greatly missed!



EVENTS THIS WEEK:

SSS: Manage Stress with Meditation (new event) March 3 @ 4 - 5 pm
Location: UC Apple River Room

SSS: Personal Spending Plan for Fresh/Soph March 4 @ 4 - 5 pm
Location: Ames Suites Lydecker Center

Dance Theatre
March 4 - March 7 @ 7:30 - 9 pm
Sign up for your ticket on the SSS Bulletin Board

Welcome Back Pool and Bingo Party
Friday, March 6 @ 5 - 9 pm
Location: River View Hotel

Welcome Back Pool and Bingo Night!!

Join your fellow SSS Scholars for a Welcome Back evening of swimming and games! Come reconnect with SSS and meet new friends!

WHEN: Friday, March 6th 5pm-9pm
WHERE: Riverview Hotel (across from Jimmy Johns)
FREE PIZZA included!!

Sign up online at SSS@uwrf.edu OR on the ASC bulletin board!

Student Support Services Presents:

Your Guide to Creating a Personal Spending



Personal finance experts present practical ways for you to manage, save, and be \$mart with your money.



Freshmen & Sophomores **Juniors & Seniors**
WEDS., MARCH 4 **WEDS., MARCH 11**
4 - 5 PM 4 - 5 PM

WHERE: LYDECKER CENTER, AMES SUITES

FREE PIZZA PROVIDED!
SIGN UP ONLINE OR ON THE SSS BULLETIN BOARD

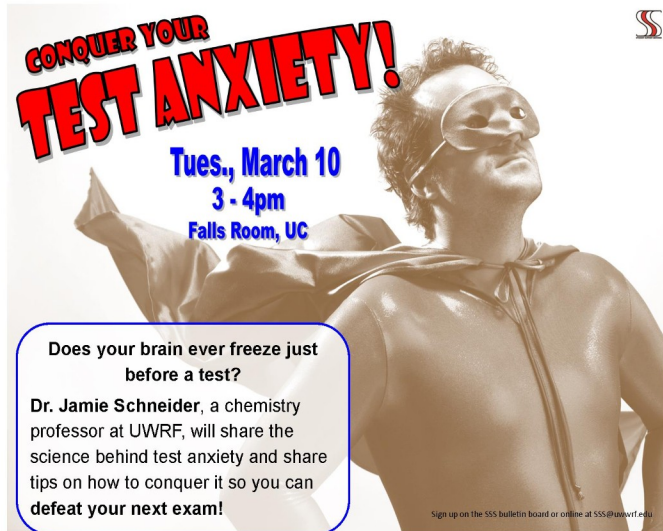
EVENTS NEXT WEEK: (Details in next newsletter)

SSS: Managing Test Anxiety March 10 @ 3-4pm
Location: Falls Room, UC

SSS: Personal Spending Plan for Juniors/Seniors March 11 @ 4-5pm
Location: Lydecker Center, Ames Suites

Student Support Services (3-9-15)

Grade awareness forms have been mailed out! Start meeting with your professors about your grades and schedule an appointment with your SSS Coach by March 27th!



CONQUER YOUR TEST ANXIETY!

Tues., March 10
3 - 4pm
Falls Room, UC

Does your brain ever freeze just before a test?

Dr. Jamie Schneider, a chemistry professor at UWRF, will share the science behind test anxiety and share tips on how to conquer it so you can defeat your next exam!

Sign up on the SSS bulletin board or online at SSS@uwrf.edu



Freshman and Sophomore Spending Plan Group!!!

Student Support Services Presents:

Your Guide to Creating a Personal Spending



Personal finance experts present practical ways for you to manage, save, and be \$mart with your money.



Freshmen & Sophomores WEDS., MARCH 4
4 - 5 PM

Juniors & Seniors WEDS., MARCH 11
4 - 5 PM

WHERE: LYDECKER CENTER, AMES SUITES



FREE PIZZA PROVIDED!

SIGN UP ONLINE OR ON THE SSS BULLETIN BOARD

EVENTS THIS WEEK:

SSS: Managing Test Anxiety March 10
@ 3-4pm Location: Falls Room, UC

SSS: Personal Spending Plan for Juniors/Seniors March 11 @ 4-5pm
Location: Lydecker Center, Ames Suites

EVENTS AFTER Spring Break (Details in next newsletter)

SSS: Mental Health Matters: Depression

March 25 @ 3-4 PM @ Falls Room, UC

Fill Easter Eggs with treats

March 26 @ 3-4:30 PM @ Lutheran Home, River Falls

River Fall Community Carnival & Easter Egg Hunt

March 28th @ 10am-2pm @ River Falls High School

Student Support Services (3-23-15)

Grade awareness forms have been mailed out! Start meeting with your professors about your grades and schedule an appointment with your SSS Coach by March 27th!



Personal Spending Workshop attendees!

Volunteer Opportunity
Lions Club Carnival & Easter Egg Hunt



Thurs, March 26, 2015 @ 3 pm
Put treats into eggs at Lutheran Home

Saturday, March 28, 2015
River Falls High School
10:00 am--Set up games, prizes, hide eggs
10:30 am--Host carnival games, prize tables, hide Easter Eggs, concession stand

Free lunch for Volunteers on Saturday

Bring a food shelf donation & Donate your used eye glasses & cell phones

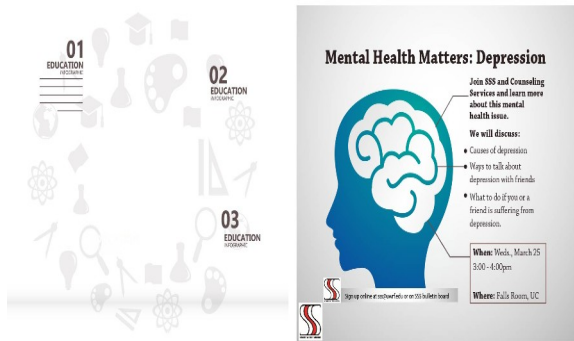
For more information contact Rose Rude
rose.rude@uwr.edu

EVENTS THIS WEEK:

SSS: Mental Health Matters: Depression
March 25 @ 3-4 PM @ UC Falls Room

Fill Easter Eggs with treats
March 26 @ 3-4:30 PM @ Lutheran Home
in River Falls

River Fall Community Carnival & Easter Egg Hunt
March 28th @ 10am-2pm
@ River Falls High School



Mental Health Matters: Depression

Join SSS and Counseling Services and learn more about this mental health issue.

We will discuss:

- Causes of depression
- Ways to talk about depression with friends
- What to do if you or a friend is suffering from depression.

When: Wed., March 25
3:00-4:00pm

Where: Falls Room, UC



Test Anxiety Workshop attendees!

EVENTS Next Week (Details in next newsletter)

International Bazaar time:
Pick up your free ticket at the Info Desk in the UC

Location: UC Ballroom
@ 6- 9 pm on March 31

SSS Alumni—Grace Adofoli

McNair Scholars Program and Student Support Services, University of Wisconsin-River Falls



er of parents who immigrated to the United States from Ghana wanting a better opportunity for a first generation, underrepresented, low-income African American woman. Her parents have jobs to support their family in the U.S. and in Ghana. Life has not always come easily for her t's faith and resilience have impacted her ability to be persistent in pursuing her life's calling.

of University of Wisconsin-River Falls and was a member of SSS for 4 years and the McNair r 3 years. *"The TRIO programs have had a*

ny personal, academic and career journey in various ways.

orous academic training I received from McNair and the mentorship and constant support , helped cultivate my skills, sharpen my goals and dreams, and open my eyes to new

upport system during my years in TRIO challenged my perspectives on the world, with

that, it positioned me to be competitive in my career aspirations and prepared me to face future challenges. I will forever be grateful and will support this amazing life changing program."

Grace had the opportunity to be part of many transformative experiences - she published and collaborated on a few articles and received the Chancellor and the UW-System Women of Color award for leadership and impact. While she was a McNair Scholar she completed research in different institutions around the country like Cornell University and University of Illinois-Chicago. She is currently attending University of Michigan for a dual masters where she is involved in various rewarding projects which have allowed her to work with people with various talents and gifts and also opened the door for international travel to do important human rights work. *"The opportunities for me have been endless and I look to continue to grow, learn, and fulfill my life's calling."*

SSS Student of the Week

Year in School: Sophomore

Personal Interests: I like going to the gym and working to better myself.

How has being in SSS impacted you?

It has created so many relationships for me within the office. I have made so many friends through Networking through my coworkers and coaches is something that has and will impact me greatly. great opportunities, like working in the ASC.

Describe your favorite memory of being in SSS:

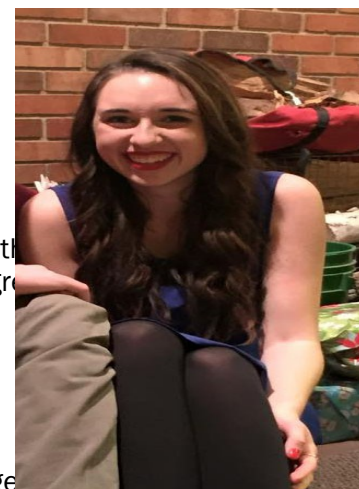
My favorite memory has to be the little graduation ceremonies SSS puts on for the graduates. Hearing the stories and advice each student has for everyone means a lot. Also, knowing how much work each and every one of the coaches put in to the event is huge.

Describe some highlights of your experience while attending UWRF:

Moving away from home and living on campus has probably been the most eye opening experience I have ever had. I am a total home body and learning to do things myself, live with another person, and be even more independent has changed who I am as a person.

What are your hopes and dreams for the future?

I hope to graduate River Falls with at least a 3.0 GPA, go on to a Master's program somewhere in MN for counseling, and do something I love for the rest of my life.



Madeline Green

Student Support Services (4-6-15)



Lost Creek Ranch

VOLUNTEER SPRING WORK DAY

Saturday April 11th 10:00-3:00pm

SPRING CLEAN UP

Help get the ranch ready for spring:
Painting, Fence Fixing, Barn Organizing, Saddle
Cleaning, Gardening and more!



**Raffle for FREE Riding Lessons
Hot Lunch Included!**

Lost Creek Ranch is a 501(c)3 non profit horse rescue whose mission is "Let no heart or soul, human or equine, fall through the cracks." We rescue, rehab and retrain unwanted, abused and slaughter bound horses. You can help give these horses a second chance at a better life.

www.lostcreek ranch.info 715.273.6070

Asian American Student Association
Asian Awareness Month:
"The Way of the Asians"



Join us as we dive
into the cultural
backgrounds of
numerous different
Asian ethnicities!

FREE FOOD/EVENT!!!

Date: Friday April 10th
Program Time: 5pm - 7pm
Free Time: 7pm - 8pm

Location:
Ann Lydecker Living Learning
Center

For more info contact: Vadee.chang@my.uwrf.edu (651)-367-9427

EVENTS THIS WEEK:

**Start Smart Salary Negotiation
Workshop** April 8 @ 2-5 pm in the
St. Croix River Room, UC

The way of the Asians
Friday, April 10 @ 5 - 8 pm in the
Lydecker Center in Ames

Last day to drop a class April 10th with
Advisor and Prof signatures

**SSS: Lost Creek Horse Ranch
Volunteering** Saturday, April 11
@ 10 am - 3 pm

EVENTS Next Week (Details in next newsletter)

Etiquette Dinner
April 14
5-7:30pm
UC Ballroom

Mock Interview Day
April 15
10am-3pm
Ballroom, UC
Last day to Register is April 6

SSS: Hmong/Somali Int'l Market Visits
April 18
10am-3pm

STUDENT SUPPORT SERVICES

INVITES YOU TO THE 8TH ANNUAL
SPRING RECOGNITION CEREMONY

PLEASE JOIN US IN HONORING THE
ACCOMPLISHMENTS OF OUR SSS SCHOLARS

*Congratulate our graduating seniors,
Honor outstanding academic achievement,
Acknowledge exceptional community service efforts,
Recognize scholars conducting research,
Applaud new McNair scholars and more!*

FRIDAY, MAY 1, 2015
4:00 - 6:30PM
RIVERVIEW HOTEL
BANQUET ROOM
(NEXT TO JIMMY JOHN'S)

RSVP BY APRIL 20
SIGN UP IN THE ASC OR
CONTACT SSS@UWRF.EDU

BE YOUR BEST WITH SSS!!!

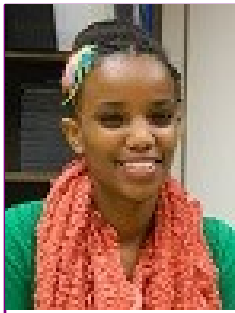


TRIO Upward Bound Employment Opportunity!

Positions Available: Deadline April 10, 2015

- *5 Residential Assistant Positions (full-time 40+ hrs/wk, housing and meals provided)
- *1 Hall Director Position (full-time 40+ hrs/wk, housing and meals provided)
- *3-5 Instructor Positions (up to 1.5 hrs/day and 5 days a week for 2 weeks)

Find applications @ <https://ubuwrflshutterfly.com/specialpostings/19>



Bakuto

Year in School: Junior

ests: I enjoy shopping and playing soccer.

g in SSS impacted you?

me in many different ways with academic and personal life, but most importantly it me to be confident in everything I do so I can accomplish my goals.

Describe your favorite memory of being in SSS:

My favorite SSS memory is graduation ceremonies because it is motivating and inspiring to see all the graduating students and their achievements. Their successes encourage me to work even harder.

Describe some highlights of your school experience while attending UWRF:

I have been to American Multicultural Student Leadership Conference twice and it was one of rewarding experiences of my life. I had the opportunity to meet many students that share similar background. I also had the chance to meet inspiring scholars and learned so much about myself.

What are your hopes and dreams for the future?

I am hoping to be a clinical counselor.



Dewitz

Year in School: Sophomore

s: sports and playing them for fun but I am not very competitive. I have two all time favorite movies, and The Breakfast Club!

SSS impacted you?

iven me this awesome job working at the front desk in the ASC. The people that I work with are amazing. It has also given me some helpful experiences such as the money management class and the stress relief.

Describe your favorite memory of being in SSS:

My favorite memory of SSS was when I found out that two of my good friends are also in SSS! Shout out to Patrick and Emily!! :)

Describe some highlights of your such as experience while attending UWRF:

One of my favorite experiences while attending UWRF was being able to get into a classroom almost right away. Being an education major it is a treat for me to get to go into classrooms and seeing the different styles of teaching being put to use!

What are your hopes and dreams for the future?

My long term future dream is to graduate from UWRF and become a teacher. I want to teach at a tiny little school. I would also really like to live on a farm. Nothing compares to living out in the country! I'm not quite sure where I'd like to teach but I'm not too picky. I suppose I'll go where ever they need a teacher!

Student Support Services (4-13-15)

INTERNATIONAL MARKETS ADVENTURE!

  
EXPERIENCE DIFFERENT CULTURES, TASTE NEW
FOODS, STEP OUTSIDE OF YOUR ROUTINE
...WITHOUT SETTING FOOT ON A PLANE!



WHAT: WE WILL VISIT THE HMONG VILLAGE MARKET IN ST. PAUL
AND AND KARMEL SQUARE SOMALI MARKET IN MINNEAPOLIS

WHEN: SATURDAY, APRIL 18
10AM - 3PM
MEALS AND TRANSPORTATION PROVIDED! MEET AT PETE'S CREEK, UC

SIGN UP ONLINE AT [SSS@UWRP.EDU](mailto:sss@uwrp.edu) OR ON SSS BULLETIN BOARD

EVENTS THIS WEEK:

Etiquette Dinner

April 14 from 5-7:30 pm
UC Ballroom

Mock Interview Day

April 15 from 10 am-3 pm
Ballroom, UC

Last day to Register is April 6

SSS: Hmong/Somali Int'l Market
Visits April 18 from 10 am-3 pm

EVENTS Next Week (Details in next newsletter)

Health Fair

April 22 from 10am-2pm in Ballroom, UC

AMSLC

April 24-26 in Eau Claire, WI

STUDENT SUPPORT SERVICES

INVITES YOU TO THE 8TH ANNUAL
SPRING RECOGNITION CEREMONY

PLEASE JOIN US IN HONORING THE
ACCOMPLISHMENTS OF OUR SSS SCHOLARS

*Congratulate our graduating seniors,
Honor outstanding academic achievement,
Acknowledge exceptional community service efforts,
Recognize scholars conducting research,
Applaud new McNair scholars and more!*

FRIDAY, MAY 1, 2015
4:00 - 6:30PM
RIVERVIEW HOTEL
BANQUET ROOM
(NEXT TO JIMMY JOHN'S)

RSVP BY APRIL 20
SIGN UP IN THE ASC OR
CNIL@SSS@UWRP.EDU

BE YOUR BEST WITH SSS!!!



Lost Creek Ranch Volunteer Group!!!



Highlight—May Xiong-Thao

I am a 1998 UW-RF alum with a major in Computing and Spanish. As a first generation, low income, Hmong woman, I benefited from the TRIO programs, services, and resources. I am knowledgeable, and greatly facilitated my ability to learn in computer science classes. As a result, I also became a leader and gained an interest in exploring coaching and mentoring opportunities throughout the university and I became more involved in the IT Services department and student organizations. As a result, I was the humble recipient of the TRIO Leadership Award and the Chancellor's Award.

I returned to UW-RF and worked in the IT Services department as a Microcomputer Specialist for one year. I then applied for IT Desk Coordinator in the IT Services department at Metropolitan State University in St. Paul, and have been there since 2000. I've used the TRIO resources on study skills (which I better honed) to earn my Master's in Management Information Systems. I graduated this past May 2014. As a lifelong learner and TRIO student, I'm reminded every day to be organized and to do due diligence.



Highlight—Jessi Franklin—Sophomore

I have many nicknames, but one of them that stuck was Jessie the Track Star. I can't track how many times I have seen Toy Story 2 (aka my favorite movie) while cheering on different Wisconsin sports teams, definitely the Green Bay Packers. I listen to country music, but also some pop. I was a member of my high school team....I am awful.

What motivated you?

Self-confidence in every part of my life.

Describe your favorite memory of being in SSS:

This is so hard to pick one favorite, but I would say receiving the email saying I was accepted to be a part SSS.

Describe some highlights of your school experience while attending UWRF:

I loved this school year!!! I joined different organizations, went to conferences, had different leadership opportunities. If you know the Hunger Games, I feel like I am Katniss (aka the girl on fire) because of how amazing this school year has been for my self-growth, but also working towards my future goals.

What are your hopes and dreams for the future?

I am planning to go to graduate school for student affairs, and work with first generation students. I don't have a preference to where I end up either.

Student Support Services (4-6-15)



**BE
YOUR
BEST
WITH
SSS!!!**

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ONLINE AT [SSSBUWRWF.EDU](https://sssbuwrwf.edu)



EVENTS THIS WEEK:

The way of the Asians
Friday, April 10 @ 5 –8 pm
Lydecker Center

**Start Smart Salary Negotiation
Workshop** April 8 @ 2-5pm in the
St. Croix River Room, UC

Last day to drop a class April 10th with
Advisor and Prof signatures

**SSS: Lost Creek Horse Ranch
Volunteering** Saturday, April 11
@ 10am-3pm

EVENTS Next Week (Details in next newsletter)

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**We provide experiential learning opportunities
for college students wishing to gain practical
experience working with youth in academic and
social development.**

Upward Bound is not just a summer job; it is a commitment to educational equity and an extension of our service to the community. Our charge is not only to increase the number of students who go to college, but to also help shape our participants into future leaders!

SSS Alumni—Jessica Kohls



I came into the TRIO Programs as a first generation, low income, and under-represented student. My parents were the only ones in our family to have the opportunity for higher education. Growing up we never had a lot financially speaking; while my parents did what they had, money was always a struggle so we had to find a way to pay for our education. In my field in the sciences where women are traditionally

undervalued, I was studying at the University of Wisconsin River Falls in the Agriculture Food and Environment department. My major at UWRF was Conservation and my minor was in the class of 2011! I was involved with the SSS program for three years, and the TRIO program for two.

Initially when I began the program, I was scared, I mean who wouldn't be. You have all of these SSS and McNair coaches that believe in you and are telling you that you will succeed in your college career, but I was not confident yet and felt totally out of my element. The beautiful thing about the coaches is they always know and believe you can succeed, even before you yourself can see it. They are relentless; if you are struggling, they will find you a tutor; if you needed money, they work to find you an on campus job; if you needed guidance, they are there for you; if you need experience, they will find you someone to mentor you. It seemed boundless, whatever you were experiencing they were there to help you find a solution.

The TRIO program taught me how to be a leader and how to believe in myself, and it's made me so much stronger. They allowed me to not only embrace my disadvantages but to hone in on them and bring my unique perspective into everything I do.

Today, my life is a testament to the quality of the TRIO programs and how the coaches impacted my life. After my time at UWRF, I began travelling the world strategically. I lived and studied in Worcester England for two years for a postgraduate degree in Microbiology and Plant and Pathogen Interactions. Afterwards, I moved to Saskatchewan Canada and was offered an incredible job in the Agriculture industry which I have been employed at for the last two years. My career combines all of my passions: travel, public speaking, writing and blogging. I have even had the opportunity to write for an Agricultural magazine as an expert columnist. My life is very comfortable, I travel for work and for leisure, and I do what I love every day.

As for my experiences with the TRIO Program, I carry them with me always! Whether it be through the skills I learned, the truly incredible program leaders that have stayed in contact with me through the years, or in some of my fondest memories. To everyone reading this, in the spirit of the kindness and generosity the TRIO program has always offered me, if you have any questions for me I'd love to pay it forward and provide any guidance or advice you need. Please feel free to email me at jessica.ann.kohls@gmail.com.

Student Support Services (4-27-15)

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Free Admittance Prize Giveaway

**BRADY MURPHY
THERESA WESTMAN**

UWRF's Campus TV Show
FOCUS ON U
Featuring Reina del Cid

Friday, May 1st at 7 PM
Falcon's Nest

LIVE Season Finale

The graphic features a stylized, high-contrast illustration of two young men in the foreground, one with glasses and a red shirt, the other with a black shirt. Behind them are two soldiers in military gear holding rifles. The background includes a cityscape and a large red and white striped banner with the word 'FALCON'.

EVENTS THIS WEEK:

Spring 2015 Recognition Ceremony!!!

EVENTS Next Week (Details in next newsletter)

Linda's Retirement Party & Zio's Farewell Party

Tuesday, May 5
Noon - 2 pm
(Program at 1:00)
104 Davee Library

Please join us in a celebration to honor Linda and Zio who have been wonderful SSS Coaches here at UWRF!

Linda is retiring after 7 years as an SSS Coach, and Zio is attending Graduate School at the U of M after 2.5 years as an SSS Coach!

Final Week of Classes!!!

Student Support Services (5-4-15)



Your feedback is important to us and helps us create programming that fits your needs. Please fill out the **Spring 2015 Survey** and return it to us via mail or online! Also, Please complete your **Participation Form for 2015-16** so we know how many spots are available for new students next year! We have extra copies in the ASC if you didn't receive one in the mail!

**Thursday May 7th, 2015 from 11:30 am- 1:00 pm
in Falls Room (lower level of University Center)**

Come learn about how you can become a change agent! You will be inspired after you hear from "Red Green Rivers" founders, Kabzuag Vaj & Bo Thao-Urabe, who will share the story behind their organization and the women and girls they work with. They will also showcase items from their collections.

For more information on the global impact of Red

Green Rivers: <http://www.redgreenrivers.com/Aboutus.asp>

EVENTS Next Week (Details in next newsletter)

**Be creative and have fun at the
SSS De-stressor**

Monday—Thursday

10 am—2 pm in the Community Room

Come in and relax between finals. We have Play-Doh, puzzle, Catch Phrase, and more fun!!!

Enjoy some snacks and good conversation!

**The Community Room will be closed
Wednesday, May 6th Sorry!!!**

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**Volunteers Needed!!!
Contact Rose!!!**

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**Good luck on finals and have a
fantastic summer!!!**