

TRIO

STUDENT SUPPORT SERVICES

Triton College Student Support Services Program is federally funded through the U.S. Department of Education, Office of Federal TRIO Program. Authority for this program is contained in Title IV, Part A, Subpart 2, Chapter 1, Section 402D of the Higher Education Act of 1965, as amended.

SPRING 2019 EVENTS



NEW TRIO STUDENT ORIENTATIONS

Thursday, Feb. 7, 4-5 p.m., Room A-102

Wednesday, March 6, 4-5 p.m., Room A-102

VISION BOARD WORKSHOP

Thursday, Jan. 31, 3-4 p.m., Room A-102

A vision board places your goals in a visual context, allowing you to focus on what you want to achieve and keeping you motivated. This workshop provides the tools to design your vision board to express your goals clearly and passionately.

NEXT STOP... 4 YEAR UNIVERSITY - TRANSFER PROCESS

Wednesday, Feb. 13, 2-3 p.m., Room B-102/103 (Sign Up Required)

Attend this workshop to learn about the necessary steps you should complete now for your future transfer to a four-year college or university.

TRIO FRIDAYS

Every third Friday of the month - Feb. 15, March 15 and April 26
11:30 a.m.-1:30 p.m., Room A-102

Starting in February, come enjoy some fun activities with other TRIO students and staff. Activities will change each month i.e., fitness fun, movies, games, karaoke and more. Come relax and engage with other TRIO students.

NATIONAL TRIO DAY NORTH 2019

Saturday, Feb. 23, 9 a.m.-3 p.m., Triton College (Sign Up Required)

National TRIO Day is a day of celebration, reflection and action around increased access to higher education for disadvantaged students. Federal TRIO programs help low-income and first-generation students enter college and earn a college degree.

STRESS MANAGEMENT

Tuesday, March 12, 3-4:30 p.m., Room A-102

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. Come learn about ways to cope with stress and relaxation techniques.

CAMPUS VISITS/TOURS

March 2019 - Bloomington, IL Spring Break (Sign Up Required)

All prospective Transfer students who are interested in visiting some four years schools are encouraged to attend these campus tours to learn more information.

MY SAUCE IS DRIPPING - TRIO/TRIUMPH/SURGE

Thursday, March 28, 3-4 p.m., Room B-203/204 (Sign Up Required)

Confidence leads to success. Confidence overcomes fears. Confidence is happiness, enjoyment and a greater self-worth. Come to this round table discussion to discuss positive thinking and being your best self.

SECURE YOUR BAG - INTERVIEWING PREP

Wednesday, April 10, 2-3:30 p.m., Room B-102/103

In today's tough job market effective interviewing skills are more important than ever. Students have to be prepared to demonstrate their superior communication skills, great presentation, sound judgment and winning personality during an interview. In this interactive workshop participants will learn the do's and don'ts of interviewing.

ETIQUETTE LUNCHEON - TRIO/TRIUMPH/SURGE (Invitation Only)

Friday, April 12, Café 64, 11 a.m.-1 p.m.

Invited participants will learn the rules of dining etiquette for various surroundings, enjoy a three-course meal and receive a special gift from the presenter.

TRIO/TRIUMPH/SURGE PARTICIPANT AWARDS CEREMONY

Wednesday, May 1, Student Cafeteria, 5-7:30 p.m. (Sign Up Required)

Participants will be recognized for their participation, academic excellence and completion of their Triton degree.

Join us today! TRIO SSS ROCKS!

www.triton.edu/trio • (708) 456-0300, Ext. 3341 • A Building, Room A-106

WE ARE TRITON.

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