

DIRECTOR'S MESSAGE



SSS Students, as a whole, are a remarkable group! I never cease to be amazed and inspired by all that you do and accomplish on a daily basis. Although each one of you brings a unique set of skills, values, attributes, interests and abilities to the program, there is one characteristic that appears to be a common “thread” in so many of you. This characteristic is the ability to adjust....and even adapt WELL.... to change. It is this gift, that so many of you do naturally and without much thought, that really demonstrates what makes most SSS students truly incredible. And while not everyone has this quality, it seems that many people often strive to attain it - especially during times of upheaval and uncertainty.

So what am I talking about? I am describing something known as RESILIENCY. Resiliency helps people “bounce back” from stressful situations in life and to keep moving forward with new knowledge and strength. Some people seem to be naturally resilient. However, there are a few things anyone can do to develop and learn how to improve their ability to transcend adversity. Once you build up these skills, you can actually use them to experience greater success. People who are able to cope the best during times of crises or doubt often rely on the following to help them through:

- ◇ A strong and supportive network of family and/or friends
- ◇ A positive, optimistic and hopeful outlook; eliminate negative self talk
- ◇ A healthy sense of humor and the ability to have fun
- ◇ Good self-esteem and self-confidence
- ◇ The ability to be honest with oneself. Accept and take responsibility for any part you may have played in the situation. Learn from it and move forward.
- ◇ Don't take difficult situations or rejection personally
- ◇ Develop solid problem solving skills and a knowledge of self soothing or calming techniques
- ◇ Be curious: find out more, be informed and learn from failure
- ◇ Be courageous: sometimes it is important to step into the unknown in order to grow
- ◇ Learn to be flexible when things don't go according to plan
- ◇ Find a way to be involved in your community. Those who provide service to others can develop a greater sense of empathy for those less fortunate or those who have a situation even more difficult than your own.
- ◇ Embrace the change or event as a path to new opportunities
- ◇ Resilient people don't give up. Their motto is “Try again”.

If you would like to find out more about how you can develop your resiliency, be sure to make an appointment with one of the SSS staff. We are here to help you identify ways to rise above tough moments, consider different choices and options, and look for new strategies to success!

Wishing you all a fantastic spring 2009 semester! See you soon!

Heather Northway



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FALL 2008 CULTURAL EVENTS

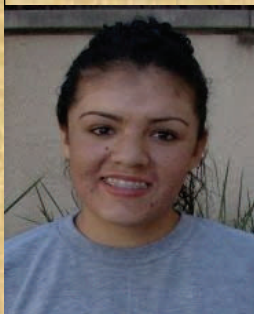


For this past fall's cultural event, SSS students spent the evening in downtown San Diego for dinner and a viewing of the play, "Water and Power." The night began at Fred's Mexican Café where students feasted on some delicious and tasty dishes. They then moved on to the San Diego Repertory Theater, right outside Horton Plaza, for a discussion on immigration hosted by San Diego City College. Students listened in and took part in an interesting and engaging conversation between two immigrant rights activists. That was followed by the play "Water and Power", a powerful story about two brothers and the night that would change their lives. Students thoroughly enjoyed the events which they had described as something different from what was done before.

SPRING CULTURAL EVENTS

Keep your eyes open for the upcoming Spring cultural event which will be held later in the semester. Remember to check your emails frequently to find out when to sign-up!

WE HAVE A WINNER!!



Erika Montiel

was the winner of the fall semester draw.

Erika won a parking pass for the spring semester.

DON'T MISS OUT ON YOUR CHANCE TO WIN !

All TRiO SSS students who have made AT LEAST one contact within the first six weeks of the spring semester will be entered into a drawing for a \$30.00 gift card to the University Stores!

In order to be eligible, you must come in to see an SSS staff person NO LATER THAN MARCH 3, 2009!

If you have any questions, be sure to call the front desk (760-750-4861) and ask for Joe, Jason, Margaret or Heather N.


We look forward to seeing you soon!

DEAN'S LIST FALL 2008

Angie Alvarado	Nancy Garcia	Erika Montiel
Liza Baghoyan	Alexis George	Crystal Nunez
Beatriz Barron	Esther Gette	Enriqueta Nunez
Jency Basinger	Milton Gonzalez	German Perez
Juddy Bouchaleun	Michelle Jules	Mirna Ramirez
Rachel Brooks	Angelica Lopez	Anabel Sanchez
Linda Calagna	M. Grant McArthur	Jessica Tran
Maira Corrales	Nastassja McDonald	Ngan Tran
Nora Diaz	Jose Mendoza	Yesenia Trejo
Alethia Dunn	Karla Montes	Mayra Turchiano
		Catherine Woods

WELCOME NEW SSS STUDENTS

Abdifatah Ahmed	Janeth Hernandez	Fethawi Teklab
Cristina Babin	Consuelo Martinez	Ernesto Trillo
Goyton Beraki	Anne McCulla	Sophia Shiekh
Gerardo Cabral	Jazmin Ponce	James Simpson
Bianca Guzman		Catherine Woods



SPRING WORKSHOPS

Be on the lookout for workshops offered by SSS staff this Spring! Workshops will cover specific topics chosen to help you improve your development. 😊



FIRST YEAR SSS STUDENTS EVENTS

We are planning some activities to help you to relax, unwind and meet other students who are in the program. You will be contacted as soon as the activity plans are finalized.

SPRING WALK-IN HOURS

Walk-in Hours **Effective 1/20/2009**

Joe LeDesma	Tuesday	1:00 PM—3:00 PM
Heather Northway	Wednesday	9:00 AM— 12:00 PM
Jason Tan	Thursday	9:00 AM—12:00 pm

Please Note

- * Walk-in counseling is on a first come, first serve basis
- * Your **walk-in** time with the counselor will be limited to fifteen minutes. If you would like to see a counselor for a longer time you will need to make an appointment.



TRIO SSS IS JOINING FACEBOOK

This new group will be called TRiO Student Support Services at CSUSM and the main purpose will be to connect SSS students and staff. It will provide a forum for SSS students to network and communicate as well as a location for students in the program to be informed about upcoming news and events related to TRiO SSS.

Look for your invitation to join SOON in your CSUSM mailbox!

IMPORTANT DATES - SPRING 2009

January

- January 19 MLK holiday
January 20 First Day of Spring 2009 classes
Jan. 20 – Feb. 2 Add / Drop period
Walk in Appointments only with SSS staff
Jan. 23 Deadline for Common Scholarship Application through San Diego Foundation
<http://sdfoundation.org/scholarships/common.shtml>
Jan. 30 Application deadline for Faculty Mentoring Program (Spring 2009)

February

- If you have not yet done so, begin looking for scholarships on line. Many have deadlines in March and April.
Feb. 2 Last day to apply for Fall 2009 graduation without a late fee
Last day to drop classes with no academic record for full Spring semester.
Withdrawals after this date may be granted for serious reasons only and require signatures from Dean
Feb. 28 National TRiO Day. Look for future announcement on how to get involved!

March

- March 2 FAFSA Deadline
March 2 Priority deadline for General Scholarship Application
Deadline to make FIRST CONTACT for spring and have your name entered in a drawing for Gift Card to the University Stores
March 5 Etiquette Dinner


Mar 30 – April 4

- SPRING BREAK
April 1 Deadline to apply for Study Abroad
April 2 Teacher Career Fair
April 8 – 9 Final Language Proficiency exams for semester (Language Other than English requirement)
April 14 Job Fair
April 25 California Forum on Diversity in Graduate Education

May

- May 8 Last day of Spring 2009 classes
May 9 – 15 FINAL EXAM period
May 16 Graduation Recognition Ceremony
May 17 Commencement Ceremonies – Del Mar Fairgrounds
May 21 Grades due from instructors

DID YOU KNOW?



**GRADUATES: WANT TO KNOW HOW TO IMPRESS
FUTURE EMPLOYERS DURING AN INTERVIEW?**

Sign up for the Etiquette Dinner to be held on

March 5

Hurry! We only have 5 sets available!



**WE NOW HAVE PRIORITY
REGISTRATION!**

Be on the lookout for further information,
we'll keep you posted.

THE ORIGIN OF THE PELL GRANT

Claiborne Pell was a Princeton-educated senator, whose parents once owned much of New York's Westchester County and the Bronx. He had an idea for a sliding-scale grant while he was skiing down a mountain in the Swiss Alps, in the winter of 1969. His grant was for needy students who 'would be entitled to a set amount of money, minus the amount of federal income tax paid by their parents',

Pell worked hard for three years to get his bill 'GI Bill for Everybody' as he called it, accepted. Although he had to make some changes to his sliding-scale grant idea, it led onto the 'creation' of the 150-question Free Application for Federal Student Aid or FAFSA as it is more commonly known.

Claiborne Pell died on January 1, 2009, at the age of 90.



ARE YOU A FIRST YEAR STUDENT?

Be sure to look for a newsletter just for you that comes out at the beginning of every month! It has a lot of quick and useful tips for college success.

WHAT IS TRIO DAY?

According to the 1986 Congressional resolution, National TRIO Day is meant to focus the nation's "attention on the needs of disadvantaged young people and adults aspiring to improve their lives, to the necessary investment if they are to become contributing citizens of the country, and to the talent which will be wasted if that investment is not made."

TRiO Day has been proclaimed a National Day of Service. TRiO SSS programs are encouraged to perform some sort of community service-as a way for TRIO to give back to their community and say thank you for its support. Every year, TRiO Day is the last Saturday of February. This year (2009) TRIO Day will be held on February 28th.

We are planning a TRiO Day community service activity for Friday, February 20th. Keep your calendars open for an opportunity to volunteer and help those less fortunate in our community. We are working with a community based organization in coordinating an activity, stay tuned for further information.

TELL A FRIEND

We encourage you as TRiO Student Support Services (SSS) participants to tell your friends about the benefits of participating in the program, and urge them to apply to the program. We accept applications year-round and admit students during the spring, summer and fall semesters.

Our application can be found on our website <http://www.csusm.edu/ssss/applyingtosss.html> and we are located at Craven 4100.



Caption describing picture or graphic.

