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Text Remind

## SIC TRIO Welcome Four New Mentors

Hello everyone! My name is **Chad Bostick** and I am a student mentor for TRIO. Activities I enjoy are riding my motorcycle, playing guitar, woodworking, hunting and fishing to name a few. I am originally from Pinckneyville, IL but moved down to Saline County to work at the old Willow Lake Coal Mine as a Production Coordinator/ Lead-man. Due to circumstances out of my control, I had to leave the mining industry and decided to come here to SIC to start working towards my Masters of Accountancy. My plan is to transfer to the online Bachelors program that SIU offers this January.

I have enjoyed my time at SIC over the last 3 semesters and also was a tutor during this time at the Student Success Center. For my last semester, I decided that I wanted to help students in another capacity and TRIO has helped me to achieve that goal. I look forward to meeting with each of you this semester and am excited to be able to help you achieve the goals you have set for yourself while attending SIC. If you are not sure what TRIO is or what TRIO can help assist you with, please stop by and see me or any one of the other 3 mentors. We have a great group of people this semester willing and able to help you accomplish your goals. I am a 31 year old non-traditional student and have been in the Army as a Combat Medic, sold AD&D insurance door to door, mined coal and worked on a 911 ambulance just to name a few. For those of you that might need a little bit of help getting on the right path and are like me, non-traditional and a little bit unsure about the whole college process or experience, please come see me as I have been through the exact same thing. Looking forward to meeting you.

Hi everyone my name is **Joy Brown**. I am from Norris City, IL area and attending my second year at Southeastern. I am currently enrolled in the Associates in Liberal Studies. So that makes me a jack of all trades or at least in education. My plan is to transfer to an online courses to finish my bachelors in Psychology.

I made a circle in life, my childhood spent in Ridgway. Moving around to Lynchburg, VA , Chattanooga ,TN. Atlanta, GA. then making a full circle back to Southern Illinois. I was 30 years old before finally attending college for the first time as a single parent.

I am a mother of 4 children with kids ranging from 30 to a 6 yr. old.so going to Holiday World during the summer is the best for me. Lately, I have been learning new things at college coming back for my 3rd time. Setting my goals set and achieving them that's what TRIO has helped me do in turn maybe my knowledge of the program will help others.



# TRIO ONLINE



[www.sic.edu/trio](http://www.sic.edu/trio)

[What is TRIO?](#)

[TRIO Eligibility](#)

[TRIO Services](#)

[TRIO Staff](#)

[Calendar](#)

[Resources](#)

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twitter

remind

Text #81010 the message: @proflower, then reply to Remind with your name

YouTube

## TRIO LAB E-106 HOURS

SPRING/FALL

8am-4:30pm

SUMMER

7:30am-4:30pm

## TRIO STAFF

**Lolita L. Mack, Director**

618-252-5400 ext. 2432

[lolita.mack@sic.edu](mailto:lolita.mack@sic.edu)

**Anita Lowery,  
Education/Technology**

618-252-5400 ext. 2473

[anita.lowery@sic.edu](mailto:anita.lowery@sic.edu)

**Shelly Boots,  
Program Specialist**

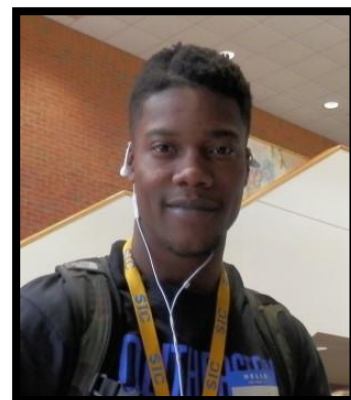
618-252-5400 ext. 2435

[shelly.boots@sic.edu](mailto:shelly.boots@sic.edu)



Hey... I am **Josh Walser**. I just recently moved to this area from Kentucky. I am currently working on my Associates in Information Technology because everything has an IP address these days. It is also currently the field I work in with the Army Reserves. Three things I believe in is to have fun, work hard, and reach for the sky. A few of the activities I enjoy doing is running, swimming, bow fishing, and having off the wall conversations. Looking forward to meeting with you. Have a great school year!

Hey, I am **DaQuane Willford**. I'm originally from East Chicago, Indiana. I am a current student at Southeastern Illinois College working towards my Associates Degree in Science. I came to Southeastern Illinois College on a basketball scholarship to help pay for my schooling and try to make it to the next level to play division 1 sports. This year as a TRIO mentor I plan on helping others succeed and make sure that each member of Trio is on the right path. After I graduate from Southeastern Illinois College I plan on going to a University to take up Construction Technology. With all the experiences and help from this program, I plan to have a great school year and have fun doing what I do best!



## FALL TRIO ACTIVITIES

### Personal Improvement Plan Update Appointment

Oct. 1 Due by 12:00pm. Make appt. With Lolita L. Mack.

### Southern Illinois University-Carbondale—College Trip

Friday, Oct. 9, 2015: Day Trip

**Snoopy-SIC Production – 7pm**-Saturday, Oct. 10: VPAC (Limited Seating)

**Transfer Tuesdays**—Oct. 13, 20, & 27: 2-4pm-SIC TRIO Lab E106

**Midterm Progress Check- Oct. 13-30th**-Make appt. With Lolita L. Mack

**ISAC Financial Literacy Workshop—12:30-1:30pm**-Thursday, Oct. 15, 2015: Private Dining Room. Maggie O'Neill, Illinois Student Assistance Commission

**Cultural Trip to Louisville, KY**-Saturday, Oct. 17, 2015—Day Trip

**STEM Workshop w/Jason Fitzgerald**: 12:30-1:30p-Wednesday, Nov. 4, 2015: A113

**Illinois State University-Normal, IL-College Trip**-Friday, Nov. 6, 2015—Day Trip

**Financial Literacy Memory Game: 12:30-1:30pm**-Tuesday, Nov. 10, 2015: Private Dining Room

**College Transfer Workshop-12:30-1:30pm**-Tuesday, Nov. 17, 2015: Private Dining Room-SIC Advisor, Maggie Calcaterra

**Study Skills II Workshop w/Final Exam Study Kits**—Friday, Dec. 4, 2015, 1-2pm. VPAC Lobby.

**Spring Registration Verified by 4pm**-Friday, Dec. 4: Make appt. With Lolita L. Mack

**Mentor Appointment Due by 4pm**-Friday, Dec. 4: Make appt. With TRIO Mentor

**A Christmas Story-SIC Production-VPAC**

Dec. 4 & 5 @ 7pm-Dec. 6 @ 2pm (Limited Seating)

**Fall Supplemental Scholarship Due by 4pm** - Dec. 9, 2015



## CHANGES IN FAFSA FOR 2016-17

On Monday, Sept. 14, 2015, President Obama announced significant changes to the *Free Application for Federal Student Aid* (FAFSA®) process that will impact millions of students.

### Changes for the 2017–18 FAFSA®

(1) **The 2016–17 FAFSA® will be the final FAFSA to launch on January 1.** Beginning with the 2017–18 application, the FAFSA will be available to students and families October 1 of the previous year. This means students who need to complete the 2017–18 FAFSA will be able to access and submit the form anytime from October 1, 2016, through June 30, 2018.

(2) In addition to changing the launch date for the application cycle, beginning with the 2017–18 FAFSA, we also will change the requirements for reporting income information. Currently, FAFSA applicants are required to provide income information from the “prior year.” For example, 2016–17 applicants must report 2015 income information. Beginning with the 2017–18 FAFSA, applicants will be required to provide “prior-prior” year income information. This means that the 2017–18 FAFSA will collect 2015 income information.

The following table provides a summary of key dates as we transition to using the early FAFSA submission time frame and earlier tax information.

When a Student Is Attending College (School Year)	When a Student Can Submit a FAFSA	Which Year's Income Information Is Required
July 1, 2015–June 30, 2016	January 1, 2015–June 30, 2016	2014
July 1, 2016–June 30, 2017	January 1, 2016–June 30, 2017	2015
<b>July 1, 2017–June 30, 2018</b>	<b>October 1, 2016–June 30, 2018</b>	<b>2015</b>
July 1, 2018–June 30, 2019	October 1, 2017–June 30, 2019	2016

## money skills APPS

See more Financial Apps @ <https://itunes.apple.com/us/genre/ios-finance/id6015?mt=8-Search> the Google Play Store for Android Apps

### Practical Money Skills Calculators

By Visa



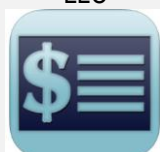
### Goodbudget Budget Planner - Expense Tracker & Personal Finance Manager

By Dayspring Technologies



### My Check Register

By Jambo Group LLC



### Spending Tracker

By MH Riley Ltd



### QuickTip™ Tip Calculator

By Doug Penny



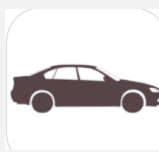
### Visual Budget: Expense Tracking and Budget Management

By Kiwi Objects



### Car Payment Calculator

By TheColor.com



### HomeBudget Lite (w/ Sync)

By Anishu, Inc.



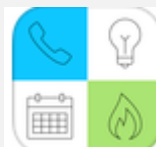
### Mint: Money Manager, Budget & Personal Finance

By Mint.com



### Bill Reminders

By Anishu, Inc.



### BillGuard - Money Tracking, Credit Score and Identity Protection

By BillGuard, Inc.



### Checkbook Wiz – Track Expense, Income, Cash flow and Account with Sync

By LINKLINKS LTD





**StudyMinder Flash Cards** is a flash cards maker for Microsoft Windows. It gives you the power of a full featured word processor for designing and printing your own custom flash cards. And it includes powerful flash card study features to help you learn them faster.



Using StudyMinder Flash Cards  
 (Software available on TRIO lab computers)  
<http://www.studyminder.com/flashcards.html>

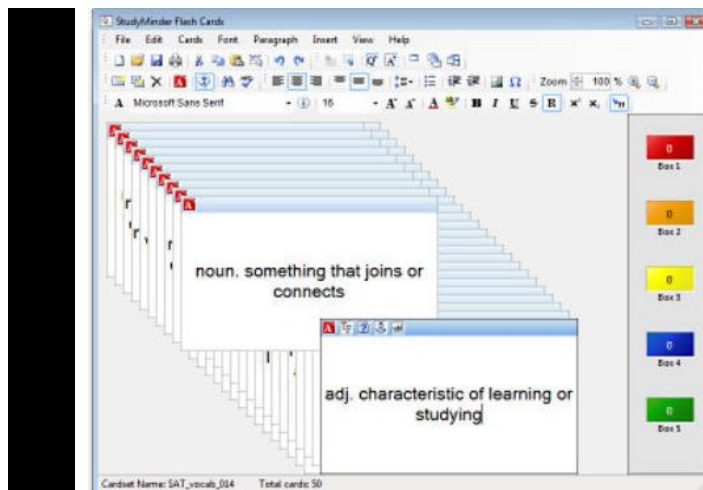
StudyMinder Flash Cards is the perfect study tool for students to quickly create flash cards to memorize or review practically anything. It's ideal for any subject.

- English vocabulary and spelling words
- Foreign language vocabulary
- Math formulas and multiplication tables, Names, dates and places for geography, history and social studies classes
- Formulas for science and chemistry class
- Lecture notes – just convert them to question and answer format and you are ready to review them with StudyMinder Flash Cards
- Any subjects that require memorization and repetition

### Make Flash Cards the Easy Way

Traditional flash cards are an effective way to learn, but time consuming to make. StudyMinder Flash Cards changes all that. It's easy to get started.

- Type in your questions and answers
- Import questions and answers from a text file
- Copy and paste from another application such as Microsoft Word
- Copy and paste from any web page - in any language
- Use the Find and Replace feature to locate specific cards or make text changes to multiple cards at the same time



Take a look at <http://www.studyminder.com/flashcards.html> to see what StudyMinder Flash Cards will do!  
 Then come to the TRIO lab to try them out!



Clubs are one of the easiest ways to get involved. You meet people and basically have an awesome time.

TRIO members that are competing for the Grant Aid Scholarship are required to join an SIC Club or Competitive Team.

See the SIC Talon for a list of clubs and contact Kellye Whitler for more information on clubs at Southeastern Illinois College

These citations and references are driving me insane!

**The TRIO Lab Now Has EazyPaper!**

EazyPaper formatting software saves you:

Time

Grades

Money

**Try EazyPaper,  
now available  
in the TRIO  
Lab.  
For information  
and user's  
manual check  
out**

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

**Need assistance with a class?  
Not sure if that essay you wrote is  
formatted correctly?**

Visit **SIC Student Success Center** in A145. Ed Rose and Amy Spivey will assist you in getting a tutor to help with your class or classes.

*Remember, always keep your tutoring appointments.  
The tutors can't help you if you are not there.*

**SSC Phone Number: 252-5400 or 866-338-2747. Extensions 2383 or 2442.  
Open Monday-Friday 8:00 am – 4:30 pm**



## TRIO Program Services

Academic Advising

Assistance Post-Secondary Course Selection

Basic Skills Courses:

Computer Lab  
Free Printing  
Peer Mentors

Traditional & Online Workshops  
Cultural Enrichment (Plays & Trips)  
Financial Literacy Information

Math/Reading/Writing  
College Campus Visits  
FAFSA Assistance  
Supplemental Grant Aid to Qualified Students  
Skills Assistance

Faculty Mentors Study

Help Locating Public & Private Scholarships

# Time Management Tips

## Establish What's Important

To prioritize your time, make a list of all the things you normally do each week. For example:

- Study
- Work
- Socializing
- Relaxing
- Other Commitments



### Plan your day

Make it a habit to plan your day first thing in the morning. Write a list of everything you need to do and how long it will take. Allocating time for each task in advance will help you achieve what you need to each day.

If you don't get through your entire list in a day, don't worry. Add the uncompleted tasks to your list for the next day, and prioritize them so you can tick them off first.

### Understand you're not superhuman

Acknowledge that there is only so much you can do in 24 hours. Be honest with yourself and set aside enough hours to do your jobs properly. Factor in time for breaks and interruptions, and don't be hard on yourself if you don't manage to achieve everything you planned.

### Make use of free time

If you commute to work every day, study while you're on the train. Or reply to emails using your smartphone while waiting for appointments. It's amazing how much those spare minutes add up each day, so make full use of each one.



### Learn how to use time management tools

From a simple scheduling program like Google Calendar, to more advanced time-tracking software such as Harvest, there are plenty of online tools you can use to keep track of your time. Ask your tutors or peers what they would recommend, or search for highly rated tools and apps on the internet.

### Eliminate distractions

Be disciplined about using your study time effectively. Ban yourself from Facebook and Twitter, and turn off your mobile while you study. To reduce temptations, remove social website links from the main bookmarks bar on your computer, and place them in a less-visible folder. You can reward yourself with leisure time later.

Attention TRIO students! We still have a few seats available for the fall cultural trip to Louisville, KY on October 17.

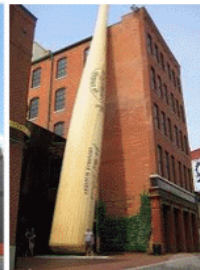
Join Lolita and the TRIO group as they tour the Muhammed Ali Center, the Louisville Slugger Museum, and the Kentucky Derby Museum. The day will conclude at the famous Old Spaghetti Factory.

See Shelly in E106 if you wish to sign up.

## TRIO CULTURAL TRIP

Saturday, October 17th

Louisville, KY



*A few spots remaining*

# Online Learning: Skills for Success

## *6 practical tips for online study success.*

### 1. Motivation is key

Online learning suits self-starters and people who really want to learn, but it can be a challenge too because the motivation and discipline all has to come from you.

The great thing about this is that the commitment and self-motivation required to make the grade in online learning is extremely attractive to employers. Remember that by attaining an online qualification, you've already demonstrated the drive to work independently and efficiently. This alone gives you a great advantage over other applicants.

### 2. Set realistic study goals

Different online courses have different requirements. Make sure you know how much time is required so you can balance study with other commitments. For example, if you work full-time and have a family or an active social life, don't trick yourself into thinking you can manage 25 hours of study each week.

### 3. Make online study part of your daily routine

Set aside time for online learning just as you would for attending classes. Give yourself ample time to sit down and read through your materials, so you understand everything clearly.

Identify the time of day you will devote to studying. Ask yourself: are you a morning person or a night owl? Then schedule in your study at a time when you're performing at your peak.

Don't forget to factor in time for healthy snacks and breaks – they help keep you awake and focused.

### 4. Understand how online classes work

Before you start your course, find out about:

- How to login
- Submitting assignments
- Accessing discussion areas
- Contacting instructors
- Reading and understanding the course outline



Getting all this down pat before you start will help you feel in control and ready to focus on your course.

Make sure you understand in advance how your course will be assessed. Are exams held at particular times? What does the instructor expect from you? Are there times when students need to be online at the same time?

### 5. Get help from other people in the class

Students can also help each other via online chat rooms, forums and social media groups. Fellow students can be a great resource!

### 6. Reward yourself for success

Online study requires discipline. So reward yourself every time you achieve a study goal – this will motivate you to keep going and complete your course. It can be as simple as enjoying a piece of cake for getting through the week's readings, or treating yourself to a massage for getting an assignment in. It's important to reflect on what you've learnt and be proud of yourself.



# Congratulations Gus, DaQuane, and Heather!



TRIO members Gus Zertuche, Daquane Willford, and Heather McCully were elected last week to the Southeastern Illinois College Student Government for the 2015-2016 school year.

SIC Student Government is the only recognized representative body for the student community and it has a number of different function—from helping fund many student-run organizations to addressing student issues and concerns, to proposing resolutions that brings about change in the academic and social life of our campus.

Best wishes to all of you from the TRIO Staff!

**Never miss another TRIO trip or event.**

**Join TRIO Text Remind!**

To receive messages via text, text **@proflower to 81010**. You can opt-out of messages at any time by replying, 'unsubscribe @proflower'.

Trouble using 81010? Try texting **@proflower** to (618) 987-4806 Instead.

To:

**81010**

**Enter this number**

Message:

**@proflower**

**Text this message**

**Finally, reply back to Text Remind with your name to complete the process.**

\*Standard text message rates apply.

## SOUTHEASTERN ILLINOIS COLLEGE

### TRIO STUDENT SUPPORT SERVICES

3575 COLLEGE ROAD  
HARRISBURG, IL 62946  
618-252-5400  
[www.sic.edu/trio](http://www.sic.edu/trio)