

TRIO-SSS NEWSLETTER MARCH & APRIL 2023

Spring is around the corner! In this newsletter, we have updates, a section on managing stress & anxiety by Jordan Post, a section on midterm tips by Sophie Anderson, and an events calendar!

This issue:

TRIO HAPPENINGS &
UPDATES

TIPS FOR
SUCCESSFUL
MIDTERMS

MANAGING STRESS &
ANXIETY

CALENDAR



National TRIO Day: Proclamations at the City and State Level

TRIO Upward Bound and Student Support Services Staff celebrated National TRIO Day at the City of Grand Junction and the Denver Capitol for policymaker's reading of the TRIO Proclamation.

Inside the Denver Capitol



Attending the Proclamation reading

TRIO Programs such as Upward Bound (high school), Student Support Services (college), and Talent Search (middle school), came together to celebrate. Everyone decorated a puzzle piece in the way what TRIO means to them!

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Cool Upcoming Events & Announcements!

- CMU TRIO will be attending the TRIO Annual Policy Seminar hosted by the Council for Opportunity in Education. Countless TRIO programs from around the nation will also be there telling our TRIO stories, advocating that TRIO Works. Funding is always needed for TRIO programs!
- We will also be going to the University of Wisconsin and the University of Washington for student learning opportunities. These trips will include undergraduate research, leadership development, graduate school networking opportunities, and more!



Tips for Successful Midterms

Sophie Anderson

Understanding Your Learning Style

Are you a Visual, Auditory, or Kinesthetic learner? This may also change depending on the subject you are studying for or may be a combination of styles.

Ask for Help

If there is any information that is unclear to you, ask for help. You can talk with one of our TRIO tutors, TLC tutors, or ask your professor.

Create a Study Schedule

Organize your study materials ahead of time to help create a plan. Start EARLY! Spread out your studying and don't cram the day before.

Make Your Own Study Guide

Create an outline of concepts, facts, or equations that may be covered on the test. If your professor provides a study guide, add your information to it.

Eliminate Distractions

Turn off or silence notifications on your phone and close all distracting apps or tabs on your computer. Find a quiet space where you will not be interrupted. The 3rd floor of the library is a great quiet place to study. Our TRIO Study Spaces are a great private space as well!

Tips for Successful Midterms

Sophie Anderson

Reviewing Class Materials

Past tests and assignments are a great tool to review for midterms. If there were questions or materials that you struggled with on previous exams, focus on that when preparing.

Switch Up Material

If you are studying for multiple midterms in different classes, don't study one subject for the whole day. Break up the material you are reviewing. After a longer break, consider switching subjects.

Day of the Midterm

- Have a healthy meal
- Make it a point to have breakfast and lunch
- Stay hydrated
- Bring all necessary materials: pens, pencils, calculators, scantrons, etc.
- Arrive early: this can give you time for a brief review
- Once the exam is over, treat yourself! Maybe, have your favorite snack or watch your favortie movie!

Good luck on midterms! Remember, you can always make an appointment with TRIO Staff!

Managing Stress & Anxiety as a Student

Jordan Post

First and foremost, I am not an expert on these topics, nor does this represent professional medical practice or a sweeping recommendation for 'solving' these types of emotions. Rather, this can serve as a collection of common-sense reminders, tips and some new ideas when thinking about, working through, and living with stress and/or anxiety. I created this writeup pulling from a variety of sources and intend the reader to take what may work for them, to be open to trying some new ideas or approaches, and above all, to attempt to give yourself grace.

Below are some suggestions that may apply to both stress and anxiety, that may ring as familiar, but remember, these things can only work or have a noticeable effect if you are using them, or working at integrating these things, and doing so consistently within reason.

- Sleep: We all know it, yet it is commonly a neglected part of many people's well-being. There are many alternate scenarios like staying up late occasionally on a weekend or to study for that big exam or essay, being a functioning night-owl and taking afternoon classes or working an extra night shift for financial reasons. One should be getting seven or more hours of sleep, in a consistent, comfortable, cool, quiet, and dark environment. Ideally, where you sleep is almost only devoted to that activity. Even in a dorm room, you may think about how you might separate your sleeping space from your tv, or work on not training yourself to need a screen to fall asleep.
- Hydration: 8 glasses a day? A good starting point. According to the Mayo clinic one should shoot for 2.5-3.5 liters a day, or 11-15 cups. Buy a reusable water container. A one-time purchase of \$10-20 that you make a habit to bring with you will make it easier to drink water frequently, to save money and avoid countless throwaway plastic containers.

Managing Stress & Anxiety as a Student

Jordan Post

- Nutrition: one concise way to frame this, is to be aware how many ultra-processed foods you are consuming. Prepackaged/microwave meals, fast food, chips, sweets, most cereal, pop, hot dogs/deli meat are all examples of this. Give your body things it needs to function—you know what these things are. Even on a budget, with inflation, one can be buying preparing and consuming mostly low to medium-processed foods. Although, I know sometimes survival eating is real! Just like anything, it takes intention, a bit of research, practice and longevity. Occasionally? Treat yourself!
- Exercise: One of the most fundamental, far reaching, positive practices any one can integrate, in an ever-increasing myriad of ways, options and accessibility. Better mood, sleep, brain function, and energy, are a few of the many benefits that can be seen after just a week or two of consistent exercise. When conducted safely and appropriately, there are no negative benefits. Choose things that are plausible, and perhaps above all, fun. 80-150 minutes a week, with rest days or intervals laced in. You never have to set foot in a gym, run, or lift a weight if you don't want to. Research, experiment, and find something that works for you. Growth mindset=you don't have to ultimately like or love it—you should acknowledge how essential it is, and you will like how you feel if you stick with it.
- Screen time/Phones: Read Adam Alter's Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked as a heralded go to source for why phones, streaming platforms and especially social media apps are designed to foster addiction and actually make us less happy or productive. This is an item that people hold near and dear or is so socially acceptable that it's easy to brush off, but even moderate amounts of exploration, self-control and perspective can have massive implications for your life and well-being.

Managing Stress & Anxiety as a Student

Jordan Post

- Screen time/Phones continued: A lot of work and school involves screen time, and entertainment does as well. Use these tools for the beautiful and incredible properties they offer; use them as wings, not a crutch. Zoom out and see our device dependent society within the throes of an unprecedented tech evolution often without moral, emotional or mental implications being properly discussed or designed, all for the sake of convenience or capitalism.

Regarding anxiety more specifically now, I have a series of statements below to consider, apply, or investigate as they may or may not apply to you.

- Anxiety, in reasonable portions, is part of the regular human spectrum of emotions. It can tell us something is important, or worth not losing focus of.
- If one experiences what may be excessive worry, stress or anxiety, one is not abnormal, broken, different, beyond help, or any less human.
- It's important to explore, research and identify as best as one can the differences between various levels of anxieties, mental illness or disorders, and emotions.
- Explore the wide range of coping mechanisms, and practice ones that work for you regularly—recognize what makes you feel this way, and how to adjust to that.
- Embrace and structure being able to 'doing things badly, safely, the first time'. You can only learn and go up from there.
- Learn to recognize negative thoughts or self-talk, pause them, then manifest and deliver forgiveness, compassion or kindness to self. Repeat.

Managing Stress & Anxiety as a Student

Jordan Post


Regarding anxiety, continued:

- Ignoring or 'running from' negative thoughts or feelings tends not to be helpful in the long run.
- Stress is an automated nervous system response, relaxation is not. One must be more intentional more frequently with relaxation, than we do stress.
- Anxiety about perceived danger is very different than actual danger.
- State of mind and state of body, or vice versa, are inextricably tied together.
- No matter how 'insignificant' or large it may feel, we all need purpose; find it or many aspects of it and practice it. It only first needs to be important and worthwhile to you.
- What to do to work with, manage or confront anxiety? Absolutely seek professional assistance, or just give it a try. Yoga or stretching, guided meditation, breath calming techniques, take a break/self-care, body awareness, get outside in any way, even briefly, connect with other people, connect with yourself. "Insight Timer" is a free app that offers access and practice with many of the above things.

Thank you for reading!!

Calendar: March 2023

Check your email for times & dates of these events!

SUN	MON	TUES	WED	THURS	FRI	SAT
26	27	28	1	2	3	4
5	6	7 Library Tour	8	9	10	11
12	13 Time Management Workshop	14	15	16	17 	18 Policy Seminar in Washington, DC
19	20	21	22	23	24	25
26	27	28	29 Self Care Workshop with Sophie	30	31 Yoga with Rose	

Calendar: April 2023

Check your email for times & dates of these events!

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 
2	3	4 Creative Writing Workshop with Jordan	5	6	7	8 TRIO Volunteer Day: River Clean Up
9	10 Tackling the FAFSA & Financial Aid w/ Pat	11	12	13	14	15
16	17	18	19	20	21 TRIO Volunteer Day: River Clean Up	22
23	24	25	26 End of Year Celebration	27	28	29