



Spring is
coming!

Message from a Peer Coach

Hello TRIO! I am Shayli Peterson, and I'm a new peer coach. I'm a senior counseling-psychology major. When I'm not hitting the books I love to go hiking, rock climbing, and just spending time some time in nature.

Midterms are coming up fast! Here's some tips to ace the grade and keep the stress levels low:

1. Start early. Read over your notes from class at the end of the day. Make study materials to use later now.
2. Repetition over several days is better than studying in one big chunk.
3. Screen fatigue is real problem! When taking study breaks try doing a physical activity; stretching, origami, and sitting outside are my personal favorites.
4. Use your resources! Drop into the TRIO office, find a tutor in a TRIO study lounge, or check in with your peer coach.

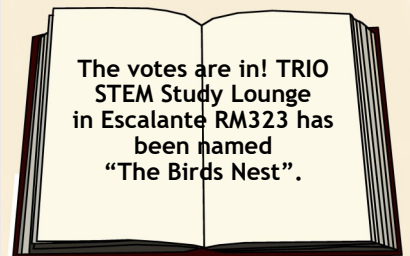
"There are naive questions, tedious questions, ill-phrased questions, questions put after inadequate self-criticism. But every question is a cry to understand the world. There is no such thing as a dumb question." -Carl Sagan

Hope to see you around TRIO!

-Shayli

TRiO Mission

The mission of TRIO-SSS at CMU is to assist participants in achieving their academic potential, gain valuable life skills and expand cultural horizons through one-on-one interactions and group activities.



The FishBowl is the Reg tutoring centers that is available to Reg TRIO participants. It is Located in HH 137.

Both lounges are available for tutoring and studying throughout the semester.

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TRIO participants are required to participate in a minimum of one activity per semester. Look throughout this issue for opportunities.



STEM and Regular TRiO Updates

- **View only** Registration starts March 15th and Regular Registration starts March 29th. Remember to make an appointment with a TRiO Advisor and get ready to register!

[Click here to make an appointment.](#)

- Callie will soon be holding frequent study and review sessions for common courses! Please fill out the survey below telling us which courses you would like to see.

[Click here for survey](#)

Regular TRiO

REG Late hours access!

M, W: 8am–7pm

T, Th, F: 8am–5pm



STEM Late hours access!

M, W, F: 8am–5pm

T, Th: 8am–7pm

TRiO provides a multitude of services including:


- Academic advising
- Individualized tutoring
- Peer coaches
- Major & Career exploration
- Financial aid advising
- Scholarship assistance
- Employment readiness
- Course planning
- Graduate school preparation
- Personal development
- Private Study Spaces



In The Spotlight

SSE Student of the Month

January



Amber Martin is a non-traditional student and veteran who was in her first semester of college Fall 2020. She was deployed several times during the semester and faced other difficulties including technical issues on top of a full course load and work schedule. As a TRIO-SSS participant she utilized her resources, stayed in contact with her professors and advisors throughout the whole semester, and worked extremely hard to keep up with all her work. Despite everything she faced, she made the Dean's List and continues to push herself this semester. Amber truly deserves this recognition for her hard work and success.

AMBER MARTIN



TRiO



CMU



In The Spotlight continued

Congratulations!

TRiO participant **Valeria Herrera** received the President's Recognition Award in appreciation for all she has done.

Valeria is a first-gen student who grew up in the local community and cherishes friends and family. She is always willing to help others regardless if she is busy. There have been instances where she offers a lending hand to those who are struggling. All of our fellow Mavericks should follow Valeria's footsteps.



When you're having a bad day and someone says something nice to you



On the Radar: Spring 2021

March 19-21—Midterm Break—No Classes

March 24—Resume & Interviewing Workshop 3.30-4.30pm, HH 213

March 29—Course Registration for Summer & Fall 2021 begins for enrolled students

March 31—Yoga and Meditation Workshop 3-4pm, HH 235

April 4th— Personal Finance and Budgeting Workshop 4-5pm, HH 104

April 8th— Grand Valley Career and Job Fair 10am - 2pm, The Mesa Mall

April 8th—Maintaining Motivation Workshop 4-5pm, Location: TBD

April 15th— Relaxation Workshop 4-5pm, Location: TBD

April 30th—CMU's Student Showcase!

Watch for updates
on D2L, Facebook,
and CMU emails!

Join us for our End of Year Banquet!
April 22nd, 5pm—7pm
UC Meyer Ballroom

**Please RSVP through
[this link](#) or through
link on D2L**



Wellness and Extras

me taking some time for self care
because i know it's important for
my health and i deserve a break



When a sad song comes on in the car
and you look out the window and
pretend you're in a music video



NO-BAKE ENERGY BITES gimmesomeoven.com/no-bake-energy-bites/

INGREDIENTS

- 1 cup old-fashioned oats
- 2/3 cup toasted shredded coconut
- 1/2 cup creamy peanut butter
- 1/2 cup ground flaxseed
- 1/2 cup semisweet chocolate chips
- 1/3 cup honey
- 1 tablespoon chia seeds (*optional*)
- 1 teaspoon vanilla extract

INSTRUCTIONS

1. **Stir everything together.** Stir all ingredients together in a large mixing bowl until thoroughly combined.
2. **Chill.** Cover the mixing bowl and chill in the fridge for 1-2 hours, or until the mixture is chilled. (This will help the mixture stick together more easily.)
3. **Roll into balls.** Roll into mixture into 1-inch balls.
4. **Serve.** Then enjoy immediately! Or refrigerate in a sealed container for up to 1 'week, or freeze for up to 3 months.

