Tucked away in her new office in FH 221 is a new addition to the TRIO staff. Come in and say hello to Deborah Foster who joins TRIO as the new student counselor.

Deborah grew up in Waterloo, IA which joins its “twin city” of Cedar Falls to make up the 3rd largest city in Iowa. She had her first experience with Student Support Services as an Upward Bound student. Her summers were spent on the campus of Luther College in Decorah, IA attending programs with fellow Upward Bound students from around Iowa and surrounding states. She is the oldest of six children and all six were in SSS programs. She applied and was accepted to Luther College where she got her B.A. in Social Work in 1992. She was also a TRIO student in college. After graduation, Deborah wanted to attend a graduate program that would enable her to have some influence on the U.S. policy on poverty. She became interested in public policy after she testified about program cuts to TRIO and related programs before Congress. So she applied to and was accepted into the social work graduate program at the University of Michigan in Ann Arbor, Michigan. Shortly after starting her studies there, she gained custody of her younger sister and brother. The small family worked together to meet their needs and achieve their goals. In 2003, Deborah took her first post-graduate job as an Assistant Professor at Washington University in St. Louis, MO. She taught courses in human diversity, social policy and mental health policy.

She became a published author after writing on TRIO and human diversity. She and her sister are writing a book about services for poor people including what is available and what needs to change.

She met and married Doug Foster, also in social work, and became the step-mom to Eric and Elliot. They recently moved to the Twin City area for family reasons and are settled in Cottage Grove. Deborah loves the Twin Cities, especially its diversity and open-mindedness.

She applied for the position of TRIO counselor because it was perfect for her interests. She feels passionately about challenged students and providing them with support, believing that education is the way out of poverty. Having been an Upward Bound and Student Support Services student and tutor she knows some of the challenges TRIO students face. When asked how she felt when she was offered this job she said she was totally excited and grateful for the opportunity to work for a program that has been so positive in her life path. She truly believes in student potential and helping students recognize their own gifts and talents.

Deborah invites all TRIO students to stop by to talk at anytime. Her phone number is 651.793.1526 and her email is Deborah.Foster@metrostate.edu.
Workshops and Information

Resume and Cover Letter Writing Workshop

Thursday
April 12, 2007
5-7 p.m.

We are all inventors, each sailing out on a voyage of discovery, guided each by a private chart, of which there is no duplicate. The world is all gates, all opportunities.

Ralph Waldo Emerson

Modest Needs

is a registered charity that works to stop the cycle of poverty before it starts for low-income workers struggling to afford emergency expenses like those we've all encountered before: the unexpected auto repair, the unanticipated trip to the doctor, the unusually large winter heating bill. To apply for a grant, go to the website:

http://www.modestneeds.org

Modest Needs makes "Self-Sufficiency Grants" by remitting payment to a creditor / for an expense on behalf of an otherwise self-sufficient individual or family for a relatively small, emergency expense which the individual or family could not have anticipated or prepared for.

1. At least one member of your household must be currently employed on a full-time basis;

2. Your household’s single largest source of income must be income earned from work;

3. Your household’s total earned income must equal at least the cost of your monthly rental or mortgage plus $250, but not more than the cost of your monthly rental or mortgage plus $2500.00;

4. The expense with which you need assistance can be paid on your behalf, directly to a vendor; and

5. The expense with which you need assistance can be paid in full for no more than the maximum grant for which your household qualifies from Modest Needs.

PREPARING FOR FINALS

♦ Plan your time wisely: Every class will have a some sort of final project. Prepare a schedule allowing you to prioritize in terms of due dates. If you have more than one final on the same day, consider speaking to your instructor to reschedule.

♦ Use University Resources: Visit the Math and Writing Centers if you have papers and problems due before the end of term.

♦ Organize content of study: Make a comprehensive list of topics that are likely to be tested on.

♦ Learning Strategy: Attend a TRIO workshop to discover the learning strategy that works best for you, and employ this to test your knowledge as it will be examined by instructor.

♦ Keep a good cheer: A positive attitude will help you to relax.
Twin Cities TRIO Alumni Society?

Presently, there are few Alumni Societies in Minnesota, but we would like to change this circumstance.

We would like to propose that students and alumni of Metropolitan State University start a Twin Cities or Southern Minnesota TRIO Alumni Society.

The guidelines for how to start an Alumni chapter are posted on the Council for Opportunity in Education website:  http://www.coenet.us

Once on the website, interested persons can click on "About TRIO" to find the link to the TRIO Alumni Society webpage complete with by-laws for having a chapter.

Those who are interested in this idea, please contact TRIO staff members so we can get started.
651-793-1525 or trio.center@metrostate.edu

TRIO Alumni Survey

National promoters of TRIO want to know about your success.

Leaders in the TRIO community have designed a quick survey to track the careers, salaries, and other successes of TRIO graduates. Each graduate who wants to help TRIO collect positive examples of the achievements that the program has assisted you in making can sign in at the website to share your story:

http://www.coenet.us/ecm/AM/Template.cfm?Section=TRIOWorks_Alumni_Survey

April Events

Asian Heritage Month

Professor Zha Blong Xiong

Asian Pacific Islander Students in Higher Education: What do we know about them?

Zha Xiong is an associate professor in the department of postsecondary teaching and learning at the University of Minnesota. He has a B.A. in psychology from Winona State University. Xiong received his M.A. in 1997 and a Ph.D. in 2000 from the department of family social science at the University of Minnesota (UM)

Library and Learning Center
Ecolab Room 302
Thursday, April 5, 2007
Saint Paul Campus
12:30 - 1:30 PM

Sponsored by the Asian American Student Services, Asian Student Organization and the Equal Opportunity & Diversity (EOD) office. RSVP to the EOD office at 651-793-1270 or lupe.sanchez@metrostate.edu.

Persons with disabilities who need a reasonable accommodation to participate in this event please call Disability Services at
TECHNOLOGY TIP

ATTN: Microsoft Office 2007 Users

File saved in Office 2007 **may not** work correctly with Metropolitan State University’s Office 2003 software.

Microsoft have just released their newest Office Suite. As usual, there are incompatibility issues with the Microsoft Office 2003 here at Metropolitan State University. In Office 2007, the default file saving scheme automatically set your files to work only with Office 2007. For example, the extension with Word 2007 is .docx while Word 2003 or any previous Word software saved their files as the normal .doc file that we’ve come to know and love.

To avoid having this issue, make sure that when you save your word document in Office 2007 that you use “Save As” and change the format to “Word 97-2003” on the drop-down list. This will ensure that your files will be compatible with computers with only Office 2003 installed. I would like to note that the same would go for Microsoft PowerPoint (.pptx) and Excel (.xlsx). Below is a three-step example of how you would save your word document in Microsoft Word 2007.

1. Open your software (Word, PowerPoint, Excel, etc)
2. Once it loads, go to “Help” on the Menu Bar at the very top
3. Look for “About Microsoft (Word, Excel, etc) and click on it

A window will pop up and at the top you can see which version you have on your machine.