Perhaps you are a freshman who is still trying to figure out what major to take on, or you could be that senior who cannot wait to graduate and get into the workforce. No matter what year you are, a semester filled with assignments and exams is here. The university has several resources that you can make use of. The Library and Learning Center offers tutoring sessions in different subjects. TRIO also offers tutoring sessions to all TRIO students. Career Services offers resume writing and help with career decision-making. Over the course of the semester, TRIO mentors will offer workshops on various topics such as Study Skills, Time Management. Be sure to check the Newsletter and call the TRIO office for more information.

Eve Nichols
Interview by Julia Opoti

Nichols accepts Coordinator of Disability Services Position

Like a lot of TRIO students, Eve Nichols was a non-traditional student when she first went to college. She faced many of the challenges that our students continue to face in the course of their academic journey. However, she made a decision to leave her full-time job and enroll in college. The routine and culture of college-life was so exciting, and tempered by the challenge of raising two children and taking care of an aging grandmother. Eve studied Sociology at Ohio State in the mid-1970s with an emphasis on Criminology. Eve, at the time, wanted to work in the community. After college, Eve worked in community corrections with individuals who had committed offenses and were on either probation or parole.

Her career in higher education and disability services began at the University of South Alabama soon after Grandma Clara’s death. Working with students has turned out favorably for Eve. As she likes telling her students, “There is not too much difference between working with students and ex-offenders since both have potential and challenges.”

Her decision to stay on and work in higher education was sobered by her firm belief that everyone deserves an opportunity to have access to higher education. She sees her role as helping students overcome hurdles. Each semester brings a new batch of students making her job more interesting. The personal gratification she receives has been profound as she watches students grow immensely in both their personal and academic journeys.

As an individual, Eve’s experience in both TRIO and Disability Services has allowed her to develop both professionally and personally, mostly because of the diverse groups of people that she has met throughout her career in higher education.

While in college, Eve was involved in the Black Student Union and the All African People’s Revolutionary Party. Eve feels that it is important for students to be connected to the university, as they create a support system and invaluable networks. Eve encourages students to find work study opportunities on campus and get involved in extra-curricular campus activities because being involved on campus builds leadership skills, helps students get connected on campus, and ultimately helps them be retained as a student.
TRIO Student of the Month
Matt Hernandez

TRIO student Matt Hernandez is a sophomore who intends to major in urban teaching. Although he was born in Wichita, Kansas he grew up Dallas, Texas and Tulsa, Oklahoma. He moved to Minnesota in 2003. Matt said, “I was in the military awhile and afterward I felt that I had to get away from my friends who were not doing so good.” Matt was seeking more positive role models and he found it in his uncle who at the time was pursuing a Ph.D. in educational leadership at UW-Madison. So, Matt came to Minnesota to be closer to his uncle.

Matt wants to be a teacher so he can be a role model and a positive influence on young people. “Today to many kids know so rap songs but they don’t get books to read—they need this. Children are our future and we need to look out for them. I’m not a parent but I believe parents need to step up and parent at their maximum.” Matt’s own parenting and teaching instincts come from his mother. “My mother is my best friend. She supports me and motivates me for school but also she was also there when I wasn’t doing the right thing. She was still in my corner and I know she will never turn her back on me.”

Matt had volunteered for UMOJA, a local organization that helps underprivileged kids head down the right path. In this role, he helped them make the right decisions, look at colleges, make their high school experiences better.

More recently, Matt has been a student worker in the Metropolitan State’s Admissions Office. He said it’s been a good experience because he is behind the scenes and has gotten to know people and know MSU resources. Especially helpful to him have been his former TRIO advisor and his current work-study supervisor, Linda Martinez.

In closing, Matt said that college has given him a new outlook on what he can do. He believes that the sky is the limit as long as he continues to learn, grow and share his knowledge with others, all the while absorbing knowledge from his own mentors.

“This college has motivated me to be more successful and to reach for more. It is sad but true that had I not decided to attend college, I might have been right in there with my friends, in jail or dead.”

"It isn't where you came from, it's where you're going that counts."
Fitzgerald, Ella Singer (1918-1996)
September 16, 2006
Theme: Awesome 80’s

Every year, Metropolitan State University students, staff and the community get together to celebrate FallFest. In the week leading to the event there will be a fashion show with proceeds going towards the Early Childhood Education Center. Other activities will include a video game contest, 80’s movies with trivia, prizes, a dance party break dance, moonwalk, and a lip sync contest.

For more information, please visit: http://uab.metrostate.edu or call 651 793 1550

New Editor
Ciana Cullens joins the TRIO team as the newsletter editor. Ciana is a sophomore who is seeking a degree from First College where she would like to incorporate journalism, public speaking and television. Ciana has been writing creatively for the past eight years. Writing has been an outlet for Ciana since she has always wanted to express her opinions on social, political and personal issues. Ciana would like to develop her writing skill which she feels is a gift.

She looks forward to working on the newsletter.

For fun, Ciana likes to perform spoken word and listen to other artists. She enjoys spending time with friends and family. Her favorite pastimes include dancing, watching movies, and reading especially mysteries and pets. When you see Ciana, ask her about the next conspiracy theory!!

Did you know?
The YWCA of Minneapolis offers a Women’s Wellness Program at a reduced rate for women with low or moderate income and women of color. See http://www.ywca-minneapolis.org/healthfitness/womenswellness/index.asp or call 612-332-0501 for more information.

The YMCA also offers memberships at a reduced rate to men, women and families with low income. See http://www.ymcatwincities.org/joinus.htm or call 612-371-8700 or 612-465-332 for more information. Proof of income is needed.

Metro 101
Your Academic Journey
Fall Semester 2006
Wednesdays, 6:00 to 8:30 p.m.
Aug. 30 - Dec. 6
Midway Campus

This course introduces students to university programs and services. It helps students self-assess their abilities and strengths, and to learn study and critical thinking skills.

Recommended for all TRIO students.

TRIO STUDENTS DO NOT PAY TUITION FOR THIS COURSE!

If you are enrolled in a math course Fall Semester 2006, we urge you to attend both the preparatory workshop and the graphing calculator workshop as shown on the green sheet that came with the newsletter.

We have a limited number of graphing calculators to loan to TRIO/SSS students. Please call 651-793-1525 to inquire about their availability.

Having trouble understanding your syllabus?
Attend a workshop on this subject
September 7, 2006
4:30 to 5:30 in room. FH L121

Joan Lee, Peer Mentor, will be there to answer your questions.
Assistant Vice President of Student Affairs
Arthur McCoy
Interview by Ciana Cullens

CC: What does your new position entail?

AM: The office of the Assistant Vice President of Student Affairs was created to divvy responsibilities with the office of the Vice President of Student Affairs. The Student Affairs office is responsible for recruitment, admission/retention and the eventual graduation of students.

Examples of how this office carries out its objectives are through programs that promote problem solving, personal and academic support and student involvement.

This position’s responsibility is to oversee the cohesive efficiency of all of the offices under its wing such as career services, multicultural affairs, disability services, women’s services and Power of You. (Power of You is a program that admits high school graduates to obtain their first two years of college education free. This program starts in the fall of 2007.)

Another facet of this responsibility is to make sure that all of these services help the student’s transition in to higher education.

CC: What are some goals that you hope to accomplish in this post?

AM: Figuring out how to bolster student retention as well as reduce the number of unsuccessful students by providing extensive academic and personal support.

CC: What do you like the most about your new position?

AM: Coming from Baltimore which has a predominately Black population, the diversity in race, culture, religion, age and experience in the student body and faculty at Metropolitan State University is exciting. The breadth in these areas at this university is more akin to the real world. Being here at Metropolitan State University where the focus is concentrated on the adult student who goes to school in the evening is so different from the traditional higher education setting that I’m accustomed to. It is exciting to see a new frontier arising in the culture of this University. The culture is broadening for many reasons to encompass a younger student body. (Hence programs like the Power of You which is aiming at the recruitment of younger students.)

CC: What advice do you have for students?

AM: Do not think that you are doing it alone because it takes study skills, friends and team work. It also takes someone who can assist you to navigate through the bureaucracy of a higher education institution. Use the school as an opportunity to network in order to build and maintain life long relationships and connections which may be beneficial presently or in the future. Having fun is another benefit of these relationships.

CC: What is essential for a student to be successful?

AM: Don’t do it alone and get to know yourself. What excites you, what are you passionate about, what drives you. Acknowledge these things and tailor a plan for your education accordingly. Sharing your goals, dreams and visions with people who will hold you accountable is also essential because they will help keep you on track. They could be counselors, advisors, mentors, and friends.

CC: What do you consider to be one of your biggest accomplishments?

AM: One of the most rewarding accomplishments is to be approached by a student after 10 or 15 years and thanked for my help in their journey to attaining their goal. This is something that has occurred several times throughout the years and it makes the work that I do fulfilling.

CC: In your opinion as a lawyer, do you think that the ability to practice law will enhance any profession, and has it enhanced yours?

AM: It is not necessarily the ability to practice the law but it’s the knowledge of how the law works that is beneficial. The skills that you learn in law school are: research, writing, analyzing and problem solving, and public speaking. These skills cross over into any career field. There is nothing that you can do career-wise that can escape the law. There are laws related to everything you can possibly think of. It’s the knowledge of how these laws work in your area of expertise that can enhance your career vastly.

CC: Can you share something interesting about yourself (a skill or talent)?

AM: A little known fact: I always wanted to figure out a way to work in a high stress area w/out being stressed. There has to be some balance between your personal life, career education and well being. My experience in higher education and law are definitely fall under that area. They’re exciting careers and yet they can be overwhelming. Then one day I had an epiphany and decided to study nutrition, health and massage. So I took off of work and enrolled in a massage program at St. Paul Technical College where I studied nutrition and physiology. I finished in December of 2005. Since then my wife (who has been doing massage therapy for some time) and myself opened up a day spa. Massage therapy has tremendously helped to improve my life because it helps me to manage stress.

CC: Where do you see yourself in five years?

AM: I hope to be in a place where conflict resolution is at the center of my work. I want to help a broader audience of people succeed by building and enhancing them in the area of promoting cooperation versus argument and differences. Being able to envision and where I would like to be in the future comes back to knowing who I am.

TRIO Student Union Meeting
5 to 6 p.m.
Founders Hall Reception Area
♦ Plan for the Fall Adult Student Leadership Conference
All interested students are urged to attend.