

Fall 2007

TRIO/SSS Gazette

TRIO/SSS MOVES TO 216 COLLEGE STREET

SPECIAL POINTS OF INTERESTS

- Carleton Fellowships
- Service Internships
- The Real Deal with Savannah Steele

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TRIO/SSS is very excited to have a new home! After many years in the friendly, yet cramped location in Ground Scoville, we are thrilled to have a more comfortable and accessible space appropriate to the needs of the program.

Thanks to the leadership of Hudlin Wagner and Rob Lamppa, TRIO made the move to 216 College Street over the summer months, including a lot of work transporting the entire lending library. Much planning and effort went into making this possible, and TRIO students and staff are

delighted to finally have a space suitable for the needs of the office, including the ever-expanding lending library, check-ins with the directors, tutoring sessions with the writing assistant, as well as the annual TRIO

De-Stress Event and other social gatherings.

In addition to being an excellent

venue for the many events TRIO sponsors, the house provides space for students to study and socialize. Non-TRIO students are also very welcome to hang out or study in the house, which is open during office hours (Monday-Thursday 8:30-6 and Friday 8:30-5).

The new TRIO location at 216 College Street is a block south of the Admissions office, right next to Rice House. Feel free to stop by for a visit; you're always welcome!



TRIO Peer Leaders on the porch of 216 College



“Having this opportunity to attend the conference gave me a better sense of how many people have benefited from TRIO programs...”



TRIO NATIONAL CONFERENCE by Erica Martinez

Can you imagine sitting in a room with more than 1,000 amazing people who care about students from low-income backgrounds, who have disabilities, or are among the first in their families to attend college? I did just that at the 2007 Annual Council for Opportunity in Education (COE) Conference. I was able to mingle with TRIO directors from all over the country while representing Carleton as a Peer Leader and also former COE intern.

More than 1,000 TRIO professionals gather at this conference each year, from directors of TRIO/SSS programs to TRIO achievers. This conference is a fundraising event held in a different location every year; this year it was in the great city of Chicago,

DEAR CLASS OF 2011 by Maija Sipola

Greetings, Freshmen!

You don't know me yet, as I am currently studying rocks in Italy, but I am here (but not here; it's confusing, I know) to give you some advice. My name is Maija, and I am the usual editor of this lovely production, although our TRIO writing assistant Susannah has been kind enough to finish this issue up for me in my absence.

By now you've had a chance

my hometown. The conference provides training and workshops for the directors of the programs, and more importantly COE reports on the political atmosphere of the United States Congress as it pertains to TRIO programs.

The president of COE emphasized that because TRIO programs are not permanently-funded by the government, the programs must reapply and struggle for funding every four years. The conference prepares the leaders of TRIO programs to protect TRIO programs by helping them stay politically aware and active.

COE is the number one source of advocacy for TRIO programs on Capitol Hill and also provides TRIO staff and students with a wide variety of opportunities. Last year,

to see and live the real Carleton life. While the first few days and weeks were exhilarating, that honeymoon period is long gone and at times you wonder just what the heck you're doing here, right? My advice: stick with it, and give it time. You may learn to love Carleton or just tolerate it, but either way, it takes a few terms for you to make up your mind. In the meantime, build yourself a strong safety net of friends and advisors for those

Monica Diaz ('08) and I attended a three-week international leadership conference in England through COE. It was exciting to have this international learning experience and meet other TRIO students from all over the U.S. and England.

At the annual conference last month I was able to reunite with my travel companions and remember the learning and great times we had overseas. Having this opportunity to attend the conference gave me a better sense of how many people have benefited from TRIO programs (there are now more than 3 million TRIO alumni) as well as how many people deeply believe that TRIO WORKS!, including me.

days that papers, tests, and activities jump you all at once. Friends might not make classes easier, but they make coping with life's stresses possible. Also, your TRIO Peer Leaders are great resources for not only friendship but advice and open ears for when you need to vent. Don't forget, Rietta and Mitchell are always available with hugs! Visit us at 216 College Street; we'll be waiting!

THE FELLOWSHIP(S) OF CARLETON by Fue Thao

[Frodo hears the ring whispering ominously while the Council argues]

Frodo: I will take it!

[they don't hear him; he raises his voice]

Frodo: I will take it!

[they fall silent, looking at him]

Frodo: I will take the Ring to Mordor! Though... I do not know the way.

I might be able to help those of you who feel like Frodo to begin to find the way to your own life-changing fellowship: last summer I was fortunate to receive two fellowships to study abroad over the summer (Larson fellowship and the Wu Family Fund). One never fully understands how life-changing the experience of traveling abroad can be until one does it. A Carleton Fellowship is a fantastic opportunity to take one of these life-changing trips!

This summer, I went to Southwest China and visited rural villages in the Miao minority nationality to investigate Miao youth culture. Part of my fellowship was to do research with a professor and the other half was to search for my own ancestry and compare and contrast my own Hmong ethnicity to the Miao ethnicity in China. I spent 6 ½ weeks in China and met some truly amazing people, including a number of professors, village leaders, and political officials.

In addition to research, I got to experience the culture of numerous villages and cities. I witnessed amazing Miao

cultural performances, including breathtaking dances, and the music of the *lusheng*, a reed instrument used in ceremonies in the villages I visited.

The villages I stayed in had no lights, so you could see every star in the sky. If you wanted to go out at night, you had to be sure not to walk into the water buffalo hanging out by the front door. (I had an encounter with one while I was swimming in one of the winding rivers that ran by the villages.) In the mornings I woke to beautiful sunrises and looked down on the clouds in the valley. At one point, I went traveling by myself to different cities and met people who knew the contacts I had made in the previous city. It was an adventure like no other and irreplaceable!

By now, I hope you are asking yourself, "HOW DO I GET ONE OF THOSE FELLOWSHIPS TO FOLLOW MY DREAMS?!?!?" If you're not asking yourself that, I haven't really done a good job telling you how great this opportunity is. Nevertheless, I want to give you some pointers on how to start thinking about it and preparing yourself. One of the most important things is to **START RIGHT NOW!!!** Think about something you've always wanted to do or have always been curious about. Then, put it down on paper and don't think about how realistic or crazy it is because it might still work. I can't stress enough how important it is to just start thinking about it.

The motivation starts the idea which leads to the experience. Next, in no specific order, do these things:

- **Go to Dean Ciner's Office** and grab anything and everything you see that is interesting pertaining to fellowships (her office is in Laird, on your right when you enter from the front).
- **OR GO ONLINE** and look up fellowships on the Carleton website to get a sense of what people have done in the past and what you need to do to apply.
- **Get Contacts** in the places you are thinking about going or do a little bit of research so you aren't saying, "I just want to go there."
- **Talk to a Professor** or a mentor about your project and get their insight on how it could be formulated better. Professors have written tons of proposals and applications so they know the ropes when it comes to applying for things.
- **Find Previous Recipients** and talk to them about their specific projects (like me for instance). This helps you further develop your idea into fellowship material.
- **Make an appointment** with Susannah to get help refining your proposal so it's competitive with the many other proposals students will submit.



"One never fully understands how life-changing the experience of traveling abroad can be until one does it."



“...at the end of the five weeks, it was hard to say good-bye.”

SERVICE INTERNSHIPS by Hope Harvey

This summer, I embarked on an all-expense-paid adventure to Costa Rica, where I spent five weeks staying with a host family, volunteering in a local community center, and living life as a *Tica* (Costa Rican). This life-changing experience was made possible by The Initiative for Service Internships in International Development, a Carleton grant funded by the West family. This grant can fund any volunteer project that works towards “international community development,” such as public wellness and medical treatments or literacy and education; the fellowship website includes a list of possible organizations. The grant is to be used during summer break and even includes money for lost summer wages for income-eligible students.

Living in el Barrio Santa Fe, I worked at *el Salón*, a community center that offered educational and fun classes to children and adults. While *el Salón* is a local project run by community members, it relies on foreign volunteers to run the children’s classes and adult English lessons. I started my mornings with *la escuela*, a preschool program developed to prepare the children for their entrance to school. After *los pequeños* left for the day, the after school program began. We reviewed English by playing games such as bingo in English or musical chairs where the last person to sit down has to give a sentence in English about the topic of the day, and we finished every day with an art project.

ents would stop in to comment on what a beautiful art project their child had brought home the day before. It was incredibly gratifying, and at the end of the five weeks, it was hard to say good-bye.

To find out about getting one of the Initiative for Service Internships in International Development grants, see the information on Carleton’s website: http://apps.carleton.edu/campus/doc/fellowships/carleton_fellowships/service_internships/

The deadline is in February, but you must work out the details of your project with the relevant organization well beforehand, so begin looking into your internship as soon as you can.

Through my work, I became an accepted member of the community. Children ran to give me hugs when they saw me in town; par-

My trip to Costa Rica was an unforgettable ex-



HAVE YOU MET SARITA?

TRIO has been fortunate for the last three terms to have hall director Sarita Winterrowd-Lundin as our program assistant. A TRIO participant herself as an undergraduate, Sarita found the support she received in college immensely helpful and is glad to be part of TRIO students’ experience here at Carleton.

Sarita works with peer leaders on social programming and preparation for Class Act, and she is the organizer of our new social hours. She is also working to develop the TRIO website and alumni database. When she’s not at TRIO, Sarita is the hall director for Burton, Sevy, and Davis. Originally from Montana, she attended Western Oregon University, where she was a sociology major. She is plan-

ning on pursuing a master’s degree in social work in the near future.

If you haven’t already, stop by and say hello! You can usually find Sarita at 216 College on Monday and Friday mornings, afternoons on Wednesday and Thursday, as well as at the social hours she orchestrates for us.

SUMMER OF SERVICE by Rachel Klein

I will remember my two months volunteering in Veraguas, Panamá as a time of really hard work and really hard play. I taught a school-room full of children about the environment, then went outside and played Frisbee with them. I walked down the one road in my tiny town and invited everyone to a town meeting, then laughed with them as a summer thunderstorm canceled the meeting for us. I helped build a park and then played on it. Though there was ample time in my schedule to lie in my host fam-

ily's hammock, I often fell asleep at 9:00, exhausted merely from the effort of speaking Spanish all day. I didn't bring an alarm clock; I woke with the sun. It was a learning experience of a kind I have never had here at Carleton, but Carleton made it possible for me.

In that sense, my journey to Panamá started last winter, when I applied for the Service Internship in International Development. This generous internship gives Carleton students (first-years, sophomores,

or juniors) the opportunity to spend a month or more doing service learning in a foreign country. This year, 14 recipients volunteered around the world from Mexico to Thailand, doing work ranging from teaching to community organizing to assisting in a hospital. Having heard most of the returnees tell their stories, I would encourage anyone to consider applying for this amazing experience. All you need is a love of service and a sense of adventure.

"It was a learning experience of a kind I have never had here at Carleton, but Carleton made it possible for me."

LET'S CELEBRATE by Sarita Winterrowd-Lundin

Did you know that October is disability awareness month? In an effort to educate students, faculty and staff about issues related to disability, Carleton is celebrating with a month full of programs and speakers. This is the first year organized efforts have planned programs around educating and celebrating this important topic on our campus. Various programs and displays throughout the month will highlight difference and discuss ideas of change, accessibility and technology for those with hidden and visible disabilities. Events will include technology demonstrations, wheelchair races, discussion groups and panels.

Earlier this month, a panel

of students and a community member with learning and physical disabilities spoke about their own personal experiences, challenges and their experiences at Carleton as students with disabilities. The panel discussed ideas for change, empowerment and education, and the audience asked questions about the panelist's experiences and their thoughts about services, accessibility and the disability community at Carleton. We encourage you to celebrate difference and take in some of the wonderful events planned.

The following events will take place later this month:

Monday, October 29: David Flink, Executive Director and

co-founder of Project Eye-to-Eye, "Personal & Community Empowerment: What is Right with LD/ADHD." Alumni Guest House Meeting Room, 4pm.

The bookstore has a selection of titles on this important topic that will inform and entertain you, and may change the way you look at people around you.

Gould Library has a book display on the fourth floor with many new titles.

Sponsored by The Wellness Center. If you have any questions, please call x4080.





What are you doing NEXT summer??

We've just recently bid goodbye to the warm summer months, but it's a good idea to start thinking now about what you will do next summer. Are you hoping for a great internship? Many internship deadlines are during winter term in February and March, but some are as early as December. Remember that you need letters of recommendation for internship applications, so avoid that last minute rush and speak to your professors about this *early*. No one appreciates a 'surprise' recommendation request that has to be sent the next day!

Similarly, if you are looking for a job doing research on campus, ask your professors as early as possible, for these positions fill quickly. If you find yourself in spring term without a job lined up, keep an eye on the student summer work positions online (http://apps.carleton.edu/campus/sfs/student_employment/postings/) and pay attention to application deadlines. You too can have a summer job to brag about when you return next fall; keep your eyes and ears open, talk to profs and other staff members about

work opportunities, and have a backup plan if a job or internship doesn't come your way!

Check (and read!) emails from the TRIO office, which alerts you about scholarship, research and work opportunities all year long. Here are a couple useful resources:

Research Opportunities for Undergraduates (National Science Foundation: (<http://www.nsf.gov/crssprgm/reu/>))

TRIO McNair Programs: (<http://www.ed.gov/programs/triomcnair/index.html>)

Did You Know?

- TRIO's new website has links to useful academic resources on study skills and writing as well as fellowship and career websites? Check them out at <http://apps.carleton.edu/campus/trio/trioss/>
- You can get course credit for internships? Read all about the numerous internship opportunities at the Career Center website: <http://apps.carleton.edu/>
- You can get \$10,000 to promote world peace next summer? The Davis Projects for Peace awards 100 prizes of \$10,000 each to students from 85 campuses across the country. What was originally a one-time opportunity has been offered again this year. Learn more at www.go.carleton.edu/peace.
- Carleton supports independent research and exploration for juniors each summer? Find out more at the Student Fellowship Information Meeting on Thursday, November 8th, at 8 p.m. in Language & Dining Center 104. Also read the article by Fue Thao on page 3 of the Gazette! More information can be found on the Dean of College's website: www.go.carleton.edu/fellow.



THE REAL DEAL with Savannah Steele

Dear Miss Steele,

I hear you get 10 feet of snow up here! Is this true? How do I survive winter at Carleton
—Shivering Just Thinking About It

Dear Popsicle,

I recommend that you crawl into a hole and study. Jokes jokes really... Sixth week makes me silly. We probably won't have 10 feet, somebody lied to you. We will, however, have wind, sloppy sidewalks, and chilly nights. You will need mittens, a hat and some waterproof shoes — it is dangerous to get frostbite so don't be a fool thinking that your body hair will insulate you, because it won't. Keep in mind the Northfield Community Clothes Closet for some low cost winter wear. The cold in Minnesota IS cold enough to make you become dead.

Moving past the logistics, some things to keep in mind: the winter can be beautiful and fancy free! People love this fluffy snow stuff—its marvelous for wrestling in, sledding on, throwing at your friends/enemies. Don't be afraid, be prepared. Be like my dad... have a winter picnic, check out some skis or snowshoes from the Rec, play broomball. Or, be like me, sit in front of the sun lamp in the Wellness Center, curl up with a good book, and cry until the days start to get longer. (P.S. If all else fails, study abroad during winter term... preferably near the equator.)

Dear Miss Steele,

There are about 20 different clubs and activities I want to do, but I also need to study! How do I choose from all these options?
—About to Overcommit

Dear Aboutta,

That sounds about right — You want to be engaged... but I warn you, as you choose, please don't marry yourself to a weary existence. My vote is to choose those clubs that matter most to you, that fulfill some purpose in your life, remembering that being a member does not have to mean being constantly active. You can GO to events, meetings, etc. without running the show. Also, you don't need permission to say no to something—say it politely, and move on. Your time at Carleton will be short, so try out your 20 clubs, but I would hope that you don't try them all this term. This is a College. You are here to get the best liberal arts education that 45 Gs can buy. Please do your activities as a diversion.

Dear Miss Steele,

I'm sharing a room with my best friend this year, and some of her habits are getting on my nerves. I mean, do I really need to ask her not to leave her dirty socks on my stereo?
—Quietly Steaming

Dearest Percolator,

I would venture that yes, yes, you really do need to

ask her to not leave her nasty funky mess on your stereo. (Although you will probably achieve a more peaceful communication with a gentle respectful tone that does not



describe the degree to which her socks are lighting up your room.) If she is your best friend, I doubt that she will panic and I hope that she will comply. If it really can't be resolved after a note or a conversation between the two of you, remember that the social contract of Carleton's Res Life says that you have "the right to a clean environment in which to live." Talk to your RA or house manager. I would add that stewing about it is not going to make a difference—clearly her sick sock party is not bothering her. Communicate, stating explicitly what you want to change and why, in whatever way works best. Write a letter if the confrontation weirds you out. Have patience, be prepared to compromise... if she tells you that she is going to clean over the weekend, try not to be the wild child that screams "do it now!!!" Give her a chance to surprise you... maybe she will clean and give herself a pedicure too.

"...you don't need permission to say no to something—say it politely, and move on."

Upcoming Events

We're on the web!

<http://apps.carleton.edu/campus/trio/>

CARLETON COLLEGE

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October

Friday, October 19th Class
Act 4:30-6, 216 College Street

Thursday, October 25: TRIO
Social Hour 5-7pm, 216 College Street

October 22-30: Advising Days

November

Thursday, November 15:
TRIO De-Stress Event, 3-5pm, 216 College Street

Wednesday, November 14:
Classes End!



Don't forget to return your TRIO library books after finals! The lending library will be open during regular office hours and on Saturday and Sunday November 17 and 18 from 1-5pm.

October 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	November 2007		

Have a terrific
Winter Break!!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	