Say Hello to the New Peer Leaders!

Hi everyone! I’m very excited to be a Trio Peer Leader this year. Trio has been a great support for me and I’m happy to be part of the organization. About me? Hmm… I am a sophomore. I love listening to music, going out dancing, reading good books, soaking up the sunshine, being lazy with friends, having good conversations, and eating good food. I am curious about almost everything, but I am especially interested in issues of social justice, equity, and education.

Advice? We have a whole page inside this issue! But, definitely try new things, be a good friend, and never be afraid to ask for help!

If you are in the Trio house, come upstairs and say Hi!

Major: Physics; Class of 2011
I enjoy reading, writing poetry and listening to music.
I love texting (textaholic) and planning events.
Advice for Freshmen: Everyone should HAVE FUN, STUDY HARD AND KEEP AN OPEN MIND.
Quote: A mind once stretched by a new idea never regains its original dimensions.
- Anonymous

Sophomore (2012), Biology major (possibly)
I love eating, reading, traveling, and watching movies with friends
I’m involved in MSPC (Minority Students Pre-Health Coalition), KSA (Korean Students Association), KAP (Korean Adoptee Program)
Advice for Freshmen: There are so many people here willing to help you. Let them! :)

Hello dudes and dudettes,
I’m Mahal. I love candy (chocolate!), hippos (cute) and winning (everything). Memphis is my beloved hometown and my plan is to someday go back to Memphis with the skills and ability to empower children. I’m pretty good at word games and would love to take you on!
Finding the Path for Me: Rose’s experiences in McNair

Rose Chahla

In spite of their best efforts, something never resonated in me when my parents insisted that my three siblings and I should all become doctors. In fact, when I began my freshman year at Carleton College, I was immediately drawn to the psychology department. Although I was (and continue to be) passionate about my major, I was unclear what I would do with it in the long run. After I got back from studying abroad in Denmark in the winter of my junior year, my lack of future direction was really starting to bother me… and my ever-involved TRiO advisors. Thanks to their direction, however, I ended up applying for the TRiO McNair Scholars’ Program at the University of Minnesota. This program recruits underrepresented, first-generation, low-income college students interested in pursuing graduate school education. In addition to preparing members for graduate school, McNair connects students to summer research projects headed by professors at the University. When the nine-week program is over, McNair Scholars will have presented their research at two different poster conferences, written a research paper under the supervision of their faculty mentor, and completed their personal statement and résumé for graduate school. McNair Scholars are also given a $3,000 stipend and free on campus room and board. Many students in the past have been able to turn this summer research experience into their comps.

To be completely honest, I had no idea if I wanted to go on to graduate school when I applied to McNair. I didn’t really know the difference between a master’s in psychology and a PhD in psychology, and I definitely didn’t know what I wanted my career to be. I was overwhelmed by the structure and intensity of the program’s description. But I applied anyway, and got in.

In the first three weeks of the McNair Program, I was forced to answer some of the most challenging questions I’ve ever confronted. What am I meant to do? How am I going to get there? Will I have the money to do so? Who will support me? Thankfully, I had the guidance of my faculty mentor and McNair staff the entire time. Without them, I would have been a complete mess. In addition to sorting through my post-graduation plans, I also was able to contribute to a research project I ended up being really passionate about. Specifically, I researched effective career development strategies for underrepresented college students, a demographic that often feels displaced in the social and academic spheres of college. Such feelings were shown to hinder students’ retention and their continuation in higher education.

Working on this research inspired me to go for my PhD in counseling psychology. I saw firsthand how important it is to specialize and focus on confronting issues that underrepresented students face on an individual and group level. And with a PhD in counseling psychology, I could work as a counselor at a private college and collaborate with programs that serve low-income and first-generation college students (like TRiO/SSS).

I was in a completely different place six months ago. I had no direction and no idea what I wanted to get out of my education. McNair was such a rewarding experience, in every aspect of my life. Naturally, not everyone walked away from the program with these sentiments. But even if you are just thinking about graduate school, and are interested in doing research in your major field, consider McNair for next summer. It was a challenging, selective program, but I would do it again in a second because it literally changed my life.

*If you have any questions about the McNair application process, the graduate application, counseling psychology, or anything else mentioned in this article, feel free to contact me at Chahlar@carleton.edu.
Dear Mari,

Sometimes I feel judged for wandering around all day in my sweats. I didn't expect there to be so many fashionistas lurking around at Carleton! I mean, I come to class to learn, not to try to attract a mate. Do you have any tips for avoiding the raised eyebrows?

Before I jump into this, let me start off by saying that this question has clumped individuals into two distinctive groups: the Fashionistas and the Schlumpy-but-Smart groups. It is important to remember that these distinctions are not that "distinct" in reality.

Let's start off by remembering where we are located: Carleton College in Northfield, Minnesota. Forty five minutes away from society and a million miles away from reality. The Carleton Bubble is a serious world of Knowers and Know-nots, Strugglers and Easy-Goers, Emotionalists and Stoic-Expressionists. In this "non-reality" we have to own up to the fact that it is our reality...and that can be unfortunate sometimes. The papers are rough, the readings are belittling, the theories are complex and all of us are pulling all-nighters to keep up with the pace. Carleton isn't an easy school!

So how are you going to handle the stress? How about the deadlines? What do you need to do to feel accomplished? Ladies, what do you do to keep it all together? How about the gentlemen, is there something you need to do in order to keep up with the flow of Carleton? There is no RIGHT answer. The truth of the matter is, we've all got our coping mechanisms. Sometimes people dress up out of habit, because they felt like it that day, or because it makes them feel better. Other dress down for very similar reasons. Do you see what I'm trying to get at? Here at Carleton, you need to do whatever it takes to make yourself feel comfortable, confident, and secure. Some people find this in their friends (on campus or back home), through music, a club, a cup of coffee, or through dress.

How do you avoid the raised-eyebrows? Consider this: when you get dressed in the morning are you happy with what you see in the mirror? Because if joggers make you happy, then keep doing it. And if dressing up makes others happy, they also should continue doing it. We have to get to a point where the outer appearance is not what concerns us, but rather our inner attitudes towards ourselves and others. So let's not assume that your Fashionista is dressing up to attract a mate because that's not very supportive of her as a person. And let's not feel down when we're wearing the sweat shirts and joggers. All in all, look at each other not with judgmental eyes but with eyes of understanding; the two of you are in common ground regardless of the differences of your appearance I can't tell you what steps you have to take to avoid the raised-eyebrows, but I hope I can give you insight as to why it is probably being done to you...and I bet it has little to do with how you are dressed and more of how others feel about themselves. Continue to wear your joggers proudly and be happy when someone gives you the look. Because if that style makes you feel better, than people notice the joy you have, and are craving to be in that happy-place too.

THIS QUESTION REMINDS ME OF THIS QUOTE: "Haters gonna hate. Lovers gonna love."

I Dare You...
- To ask your favorite prof out for coffee. If they say no, I'll take you out for coffee myself!
- To smile at everyone you walk past today. If they don't smile back, The TRiO Gals or I owe you a 10 second hug!
- To say the word "ubiquitous" in every conversation you have today. If it's not funny, let me know and I'll look for a more ridiculous word!

IF YOU HAVE A QUESTION:
e-mail Mari Ortiz at ortizm@carleton.edu
Dear Fellow TRiO-ers,

Over the past two years, you all have had the pleasure of learning about my summers of greatness, and this year shall be no exception…Consider yourself lucky! (yeah, I said it!). So, this summer I had the opportunity of participating in the Morehouse school of Medicine’s Public Health Summer Fellows Program (PHSF) in Atlanta, GA. Note: For any of you who may be interested in public health, this is an amazing opportunity, and one of the few public health programs for undergrads! So, to get to the jist, the PHSF program is geared toward introducing well-qualified rising junior and senior undergraduate students from racial/ethnic minority backgrounds to the basics of Public Health. So how do they do this? Good Question.

Well they start off by providing you with an intense, two-week graduate level epidemiology course taught by an actual graduate school professor. Additionally, they offer a weekly professional development seminar (grad school tips, business etiquette, etc.) and a series of lectures from professionals in various facets of the public health field. The highlight of the internship…is another internship! So you will also be placed as an intern in one of the various public health facilities in Atlanta for six to eight weeks. Possible intern placements include FDA, EPA, Centers for Medicare and Medicaid Services, The Morehouse School of Medicine, and the CDC Headquarters!

For my internship, I was assigned to work at The Center’s for Medicare and Medicaid Services (CMS) Regional Office in Atlanta. The project I worked on was entitled CMS: A Workplace for the Best and Brightest Public Health Professionals. So why was I there? Well, each year, the Department of Health and Hospitals requires each of its governmental agencies to give its employees an employee satisfaction survey. Of the 216 agencies surveyed, CMS ranked 212; given all the work they do, this needs to change, so along with a partner, I was hired to implement changes in the workplace that would serve to strengthen the morale of its employees as well as show the public the hard work and dedication exhibited on behalf of CMS employees to Medicare and Medicaid recipients. We developed employee surveys to get a consensus on the activities we led as well as to pinpoint reasons why people did or did not participate in the activities. We used the survey results to offer recommendations to the CMS management for ways to improve employee satisfaction.

‘Kenneth,’ you’re thinking, ‘this sounds amazing!’ It also sounds like a lot of work. It definitely was a lot of work but it was honestly a really rewarding summer and I feel like I grew a lot personally and professionally. YES, this was a paid internship. Granted it still would have been great if it was only a volunteer internship, we all know that Carleton wants their tuition money or else you will have a hold on your registration. PHSF provides a $2000 stipend, distributed in two installments, and also provides housing, and pays for transportation. If you find yourself needing additional funds there are options such as the MCAN grant or the Shackel scholarship at Carleton that can help you out financially.

Did you have any down time? How was Atlanta? Well, Atlanta was a hot mess, but it was great. There was some free time and Atlanta is a very easy place to navigate. There were 19 other people in the program from various colleges, so if you’re social…because not everybody here is…you’ll be able to make at least one friend to explore the city with. There are also concerts, bars, clubs, parks and everything else you can think of that a real city would have to offer.

So in conclusion, it was another great summer. I did some great work, made some new friends, and had a good time in “Hotlanta.” If you’re interested in hearing more about the program, let me know and we can chat. Until next time, deuces.

**Fun fact about Atlanta: There’s a church and a chicken wing shop on every corner, and every other street is named Peach-something.**
**Tips for Surviving Thriving at Carleton**

1. **Find friends** that you truly enjoy being with. Some of the most wonderful people you will ever meet are on this campus, so don’t settle for friends who make you feel bad or don’t support you.

2. **Study** when you are awake and able to concentrate on your homework. Physically moving your eyes over 150 pages of Sociology reading won’t do anything unless you actually remember/understand what you read. And, if you simply can’t read it all—skim it and pull out important info.

3. **Before you go out** to a party or another event, make sure you are clear with yourself about what you are and are not comfortable doing that night and stick to it.

4. **Make sleep a priority.** Without adequate rest, your immune system will suffer. Carleton is tough when you are feeling healthy—if you get sick, it can feel almost impossible.

5. **Address roommate issues** right away. Please be honest with your roommate if their actions are upsetting. If they are unresponsive in their behavior, don’t be afraid to schedule a meeting with your RA or Hall Director to talk about ways of handling the situation. Your room is meant to be your safe haven—going home at the end of the day shouldn’t be stressful.

6. **Dating** can be fun and a great way to get to know people and yourself. It can also be really stressful and emotionally draining. Take time to think about what you want from a relationship.

7. **Find your study sanctuary.** Find a place on campus where you feel comfortable and won’t get distracted. Great places to try: the Libe, TRIO house (we even have a quiet study room upstairs), the OIL office, empty classrooms in academic buildings, the basement of the chapel—whatever works for you.

8. **Study with others.** It’s a great way to review and learn, and sad to say, it might be the only way to have a social life and make good grades!

9. **Talk to your professors.** Ask questions, brainstorm ideas for papers, and get to know them. Most of your professors do care and it is a great feeling to know they are on your side. Plus, it will probably help you feel more comfortable expressing your ideas in class.

10. **If life gets heavy,** if you feel overwhelmed, or if you experienced something that made you uncomfortable, please know that you have many people to talk to. You can come to your Peer Leaders, IPLs, Mitchell, Sarita, The Wellness Center, your RA, your class dean, the Chaplain, and many others who genuinely care and can support you in different ways. (Check out the great resources on the inside cover of your lagniappe.)

—Your Peer Leaders
Art Wanted

Do you have drawings, photographs, paintings, poems, sculptures, or anything else that demonstrates your creativity or hidden artistic talent? Please bring it in to Mitchell and we can decorate the TRIO house and liven up the walls with your artistic genius!!!

Study Sessions in Sayles

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Pumpkin Carving Contest

You’re invited:

Friday, October 30th to TRIO’s first ever PUMPKIN CARVING CONTEST!!!

We have a great opportunity for everyone to test their artistic abilities and win great prizes too. There will also be hot drinks, roasted pumpkin seeds, and most likely some sweets!

So come on down to the TRIO House on Friday at 3:30 and let the pumpkin carving begin!!!
TRIO & OIII Bowling Night!

Whatcha’ doing Bes?
### November 2009

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- **4** Chili Night @ 6pm
- **8** Thanksgiving
- **15** Last day of class; S/C/R/NC, late drop deadline 4:30 pm
- **18** Reading Days
- **20** Trio De-Stress Event, 3-5 pm; Location TBA
- **22** Finals
- **23** Finals

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**Get your books in!**

Make sure that you return your books to TRIO house before leaving for winter break. That way we can get them shelved in time to give you textbooks for Winter Term!